

MONTGOMERY COUNTY

Montgomery County
RECREATION
DEPARTMENT

**Montgomery
Parks**
M-N C P C

GUIDE



RECREATION AND PARK PROGRAMS | SPRING
2009

Focus
on
Fun!

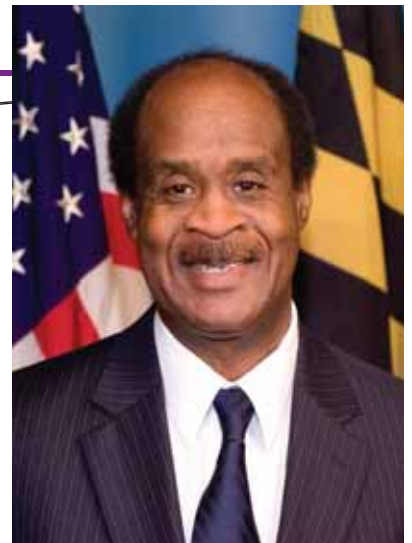


From the County Executive



OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

Spring 2009



Dear Montgomery County Resident:-

Spring is just around the corner, and I know everyone is looking forward to getting outside and shaking off the winter cobwebs. One of the best ways to take advantage of the longer days and warmer temperatures is to sign up for a class or activity found in this issue of the Recreation and Parks Spring 2009 Guide.

In addition to the usual selection of outdoor sports activities, you'll find a number of indoor classes. For example, learn culinary techniques for making pizza, pastas, ethnic cuisines and outdoor grilling. For the wine enthusiasts, take a look at the Wine & Dine Series that focuses on pairing food preparation and wine tasting. If you're into good health and nutrition, the Healthy Choices class series focuses on nutrition, as well as pain and stress relief.

The Recreation Department is once again hosting a fun-filled afternoon of interactive recreational activities and events for children at the annual Kidfest, planned for Sunday, May 3 at the Public Safety Training Academy in Rockville. This free recreational event celebrates the children of Montgomery County with games, activities, musical entertainment and much more.

Our down-county residents will be happy to hear that the new Wisconsin Place Community Recreation Center in Chevy Chase is just about ready to open. The center will feature a full-size gymnasium for basketball, volleyball and badminton, as well as a state-of-the-art exercise and fitness room.

Finally, it's not too early to start making summer plans for the kids. The 2009 Summer Camps and Programs Guide is available at all Recreation facilities and County libraries. You will find full- and half-day programs for every age, schedule and interest.

Take a few minutes to look through the Guide, and we know you'll find something that will spark your interest and challenge your athletic abilities and creative energies.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett
County Executive

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Registration for Spring Recreation Classes begins on Monday, February 17.



Jump In!
Swim Lesson
registration
begins on
February 18.



Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-4925) to discuss your needs.



**Montgomery
Parks**
M-NCPPC
It's all right here!

SPRING 2009

Registration for most **Parks** programs begins **February 15**

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Access Cards ...they're FREE, easy to obtain & REQUIRED!



Your Access Card helps us grow! By scanning your Access Card when entering, we can document how and when our Recreation Department facilities are being utilized by you, our customer. This leads to better facility management, improved maintenance, allows staff to maintain accurate attendance statistics and demonstrates the need for creating additional or new programming.

Your Access Card is easy to use, quick and eliminates waiting! Just scan your Access Card when you enter and you're ready to go! Scanning your card automatically signs you in.

Don't have an Access Card? Go to any Recreation Department pool, community center, or senior center. Have your picture taken, and your Access Card is printed on the spot.



1 Learn to swim
and flutter your way into fun.
See page 17.



12 Ways to have fun this Spring

2 Try your hands on the wheels of steel.

DJ classes at Wheaton Community Center. Call 301-929-8500 for details.



3 Is your Chi a little off?
Center it with Tai Chi classes. See page 62.

4 Enroll in a dance class.
and tap into a good time!
See page 43.



5 Are you ready for some football?
Join our Co-ed Flag Football League. Call 240-777-6961 for info.



6 Would you rather have a birdie, bogey or buzzard?
Learn the lingo and swing into our youth golf league. Call 240-777-6961 for details.

7 Learn how to tickle the ivories
then play to your hearts content. See page 50.



8 Allow your pallet to travel different countries...
Argentina, Greece, Germany and more! See our cultural cooking classes on page 52.

9 Are you all in knots?
Loosen up with partner massage classes.
See page 65



10 Get healthy this Spring...

Join our Silver Sneakers program and get active! See page 87.



11 Get into cartoon art...
and let your imagination run wild. See page 37.

12 Baubles and beads make beautiful bracelets.
Create your own bling! See page 41.



Jump into Summer Fun!

Camps and summer programs for every age, schedule, and interest!

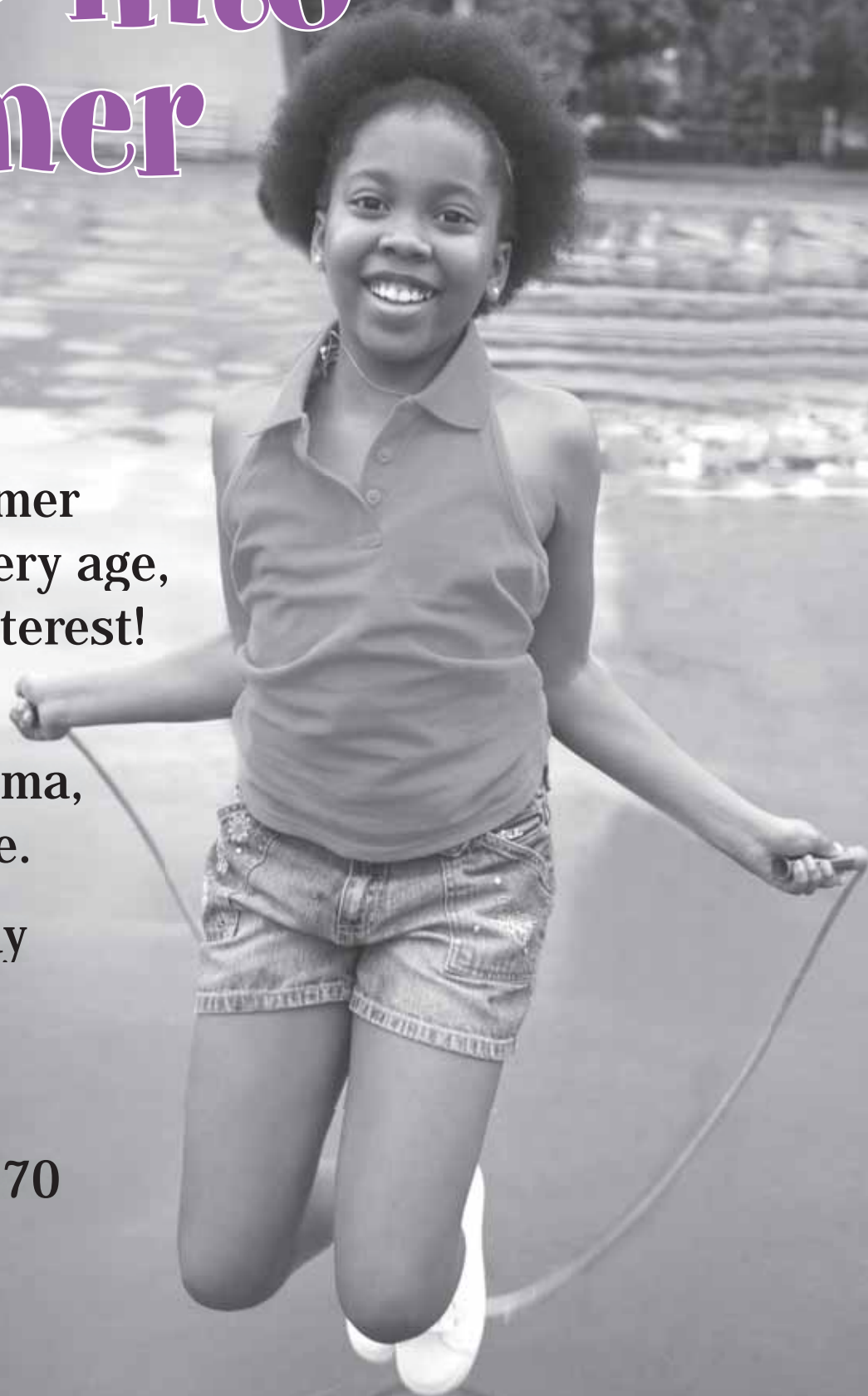
Sports, music, science, art, drama, nature, and more.

Full and Half-Day Programs

Register Now

Call 240-777-6870 for information.

www.montgomerycountymd.gov/rec



Out & About

Recreation Happenings Around the County



Date	Name of Event	Time	Location	Fee	Description
<i>February</i>					
18	Diabetes Education Review	1:15pm	Holiday Park Senior Center	Free	Diabetes management can information from Adventist Healthcare. For age 55+ . 240-777-4999
18-21	Interscholastic Swimming & Diving Meet (METROS)	evenings 18-20 all day 21	Germantown Indoor SwC	Free for specators	Public and private high schools from the DC Metro area compete in swimming and diving. 240-777-6830
<i>March</i>					
13	St. Patrick's Day Fun Walk	10:30am 1:00pm	Black Hills Regional Park	Free*	Ages 2-6: Join in the healthy and fun festivities in this St Patrick's Day celebration! Crafts and a healthy snack will add to festivities. Strollers are welcome. *pre-registration is require; see page 69 for information. 240-777-6826
17	St. Patrick's Day Fun Walk	10:30am 1:00pm	Brookside Gardens	Free*	See above
<i>April</i>					
4	Spring Parade/ Easter Egg Hunt	2:00-4:30pm	Leland Community Center	Free	Parade, egg hunt, arts & crafts and refreshments Bring a hard-boiled egg to decorate. 240-777-6960
6	The BSO's Cellis BoLi.	1:15-2:15pm	Holiday Park Senior Center	Free	Renowned cellist performs a program of sonatas by Debussy and Poulenc. 240-777-4999
25	Spring Garden Party Dance	7-10p	Holiday Park Senior Center	\$5 members \$7 others	Enjoy an elegant evening of lights and flowers and dancing with friends. Semi-formal dress. For teens and adults age 15& up with disabilities. 240-777-4925
<i>May</i>					
2	Community Flea Market /Yard Sale	8:30am-12:30pm	Potomac Community Center	Free for buyers	Search for treasures at our annual flea market/ yard sale. Vendor tables available for \$30 240-777-6960
3	KidFest	Noon-5pm	Public Service Training Academy	Nominal Fee	A celebration of children! This popular family event features games, clowns, entertainment, and more! 240-777-6821
9,10	Table Tennis Tournament	All day	Potomac Community Centers	Free for spectators	The action is fast and furious! All levels welcome to compete. Entry applications available April 1. 240-777-6960



Spring Healthy

C H O I C E S

Breakfast on the Go

Research shows that people who eat breakfast are more likely to get their recommended vitamins and minerals, consume less fat and cholesterol, have better concentration and productivity in the morning, and consume fewer calories through out the day.

So, knowing all of this, the first thing we say is "I don't have time," or we grab something that seems healthy, but really isn't. If you don't choose wisely, breakfast can be the most fattening meal of the day.

Check out these great alternatives at breakfast

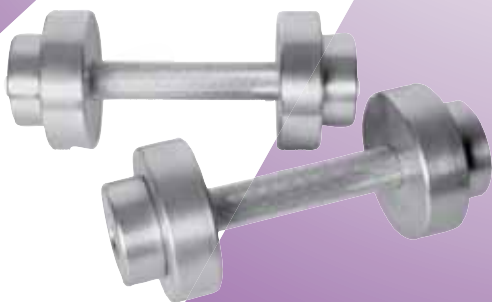
Think out of the box- it doesn't have to be "breakfast" food. Anything nutritious, you can eat in the morning...left over veggies and toast or cold pizza made with low fat cheese.

Cereal is Delicious- The right cereal in low fat milk can be one of the most nutritious choices when eaten with a piece of fruit. Just remember that it should have at least 3 grams of fiber, less than 4 grams of sugar and no more than 2 grams of fat per serving.

Pack it Up!- We all pack lunches, why not pack breakfast? Take a carton of milk and a baggie of cereal, boiled eggs and fruit, or keep some breakfast foods at your desk at work like oatmeal or cereal.

Nighttime is the Right Time- Try this before you turn in for the evening: take a serving of oats, hot milk (or soy milk) and a bit of sugar and cinnamon, place in a thermos, and leave on the counter.

The cardinal rule is that a quick healthy breakfast is a combination of protein and carbohydrates... the former to keep you satisfied and full, and the latter to give you a little get up and go.



AQUATICS PROGRAMS

Indoor Pools

Germantown Indoor Swim Ctr (GISC) 240-777-6830
18000 Central Park Circle, Boyds
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.



Martin Luther King, Jr Swim Ctr (MLK) 240-777-8060
1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 240-777-8070
5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a leisure pool, two spas, an interior water slide, a weight and exercise room, locker and shower facilities, and saunas.



Olney Indoor Swim Center (OSC) 301-570-1210
16605 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Swimming Instruction

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. **PLEASE REGISTER ACCORDINGLY.**

See *Swim Lessons*, beginning on page 17.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool management for additional information. Ask the Cashier about Punch 12 Discount Cards.



To Our Valued Customers of Montgomery Aquatic Center:

The Montgomery County Department of General Services will be contracting with a local firm to make repairs to the Montgomery Aquatic Center. The Center will close for the summer of 2009, starting in mid-May until late September, for a total renovation of the diving boards, the 5-, 7.5- and 10-meter diving tower, slide platform, and the pool's main drain system.

We regret the interruption to our valued patrons. We are convinced that our customers will be better served in the long run. We value your patronage and hope that you understand.

For safety and contractual reasons, the entire building will be closed to the public beginning mid-May, 2009. Our customer service desk will be open from 9:00am to 5:00pm, Monday through Friday to answer phone calls. We will address all our passholders and patrons concerns as soon as possible.

This closing will affect our spring programs, by concluding them earlier or moving the courses to the Bethesda Outdoor Pool. Appropriate price reductions have been made for courses that are reduced in session numbers. Participants in programs that will be relocating to the outdoor pool will be notified by the instructor.

Thank you for your understanding and cooperation. If you have any questions, call Montgomery Aquatic Center at 240-777-8070, and speak with a full-time supervisor.

Water Fitness Classes



Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- Registration begins February 17, 2009.

No classes April 6-12, 2009.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 Waterworks: Sally Dimsdale 301-593-1609 sallyswaterworks@msn.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$48

Instructor: Peggy Brower
 237077 M L King SwC 3/16 M 10:00am-10:50am
 237078 M L King SwC 3/18 W 10:00am-10:50am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

9 Sessions \$48

Instructor: Peggy Brower
 237129 M L King SwC 3/17 Tu 8:30am-9:20am
 237130 M L King SwC 3/19 Th 8:30am-9:20am



Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

9 Sessions \$48

Instructor: Peggy Brower
 237180 M L King SwC 3/16 M 1:00pm-1:50pm
 237275 Germantown SwC 3/16 M 10:30am-11:20am
 237178 M L King SwC 3/17 Tu 7:30am-8:20am
 237175 M L King SwC 3/18 W 1:00pm-1:50pm
 237211 Germantown SwC 3/18 W 10:30am-11:20am
 237179 M L King SwC 3/19 Th 7:30am-8:20am

Instructor: Sally Dimsdale

8 Sessions \$43

237181 Montgomery AqC 3/16 M 8:30am-9:20am
 237182 Montgomery AqC 3/16 M 1:30pm-2:20pm
 237186 Montgomery AqC 3/17 Tu 10:00am-10:50am
 237189 Montgomery AqC 3/17 Tu 7:30pm-8:20pm
 237183 Montgomery AqC 3/18 W 1:30pm-2:20pm
 237184 Montgomery AqC 3/18 W 8:30am-9:20am
 237187 Montgomery AqC 3/19 Th 10:00am-10:50am
 237190 Montgomery AqC 3/19 Th 7:30pm-8:20pm
 237185 Montgomery AqC 3/20 F 8:30am-9:20am
 237188 Montgomery AqC 3/20 F 1:30pm-2:20pm

9 Sessions \$48

237210 Germantown SwC 3/21 Sa 9:30am-10:20am
 Instructor: Network, Inc Wellness
 237198 Olney SwC 3/16 M 7:00pm-7:50pm
 237201 Olney SwC 3/16 M 6:30am-7:20am
 237207 Germantown SwC 3/16 M 7:30pm-8:20pm
 237176 M L King SwC 3/17 Tu 7:00pm-7:50pm
 237191 Olney SwC 3/17 Tu 8:00pm-8:50pm
 237192 Olney SwC 3/17 Tu 8:30am-9:20am
 237196 Olney SwC 3/17 Tu 10:30am-11:20am
 237209 Germantown SwC 3/17 Tu 9:30am-10:20am
 237199 Olney SwC 3/18 W 7:00pm-7:50pm
 237200 Olney SwC 3/18 W 1:30pm-2:20pm
 237202 Olney SwC 3/18 W 6:30am-7:20am
 237208 Germantown SwC 3/18 W 8:30pm-9:20pm
 237177 M L King SwC 3/19 Th 7:00pm-7:50pm
 237193 Olney SwC 3/19 Th 8:00pm-8:50pm
 237194 Olney SwC 3/19 Th 8:30am-9:20am
 237197 Olney SwC 3/19 Th 10:30am-11:20am
 237205 Germantown SwC 3/19 Th 9:30am-10:20am
 237195 Olney SwC 3/20 F 6:00pm-6:50pm
 237203 Olney SwC 3/20 F 1:30pm-2:20pm
 237206 Germantown SwC 3/20 F 1:00pm-1:50pm
 237204 Olney SwC 3/21 Sa 9:00am-9:50am

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

8 Sessions \$43

Instructor: Sally Dimsdale

237246	Montgomery AqC	3/16	M	9:30am-10:20am
237242	Montgomery AqC	3/17	Tu	8:30am-9:20am
237244	Montgomery AqC	3/18	W	9:30am-10:20am
237243	Montgomery AqC	3/19	Th	8:30am-9:20am
237245	Montgomery AqC	3/20	F	9:30am-10:20am

Instructor: Network, Inc Wellness

9 Sessions \$48

237251	Olney SwC	3/16	M	1:30pm-2:20pm
237253	Germantown SwC	3/16	M	8:30pm-9:20pm
237240	M L King SwC	3/17	Tu	8:00pm-8:50pm
237247	Olney SwC	3/17	Tu	7:00pm-7:50pm
237249	Olney SwC	3/17	Tu	9:30am-10:20am
237252	Germantown SwC	3/18	W	7:30pm-8:20pm
237241	M L King SwC	3/19	Th	8:00pm-8:50pm
237248	Olney SwC	3/19	Th	7:00pm-7:50pm
237250	Olney SwC	3/19	Th	9:30am-10:20am
237254	Germantown SwC	3/19	Th	10:30am-11:20am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

8 Sessions \$43

Instructor: Sally Dimsdale

237143	Montgomery AqC	3/16	M	11:00am-11:50am
237144	Montgomery AqC	3/18	W	11:00am-11:50am
237145	Montgomery AqC	3/20	F	11:00am-11:50am

Instructor: Network, Inc Wellness

9 Sessions \$48

237146	Olney SwC	3/16	M	10:00am-10:50am
237141	M L King SwC	3/17	Tu	10:30am-11:20am
237147	Olney SwC	3/18	W	10:00am-10:50am
237142	M L King SwC	3/19	Th	10:30am-11:20am
237148	Olney SwC	3/20	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions \$48

Instructor: Peggy Brower

237256	M L King SwC	3/16	M	9:00am-9:50am
237261	Germantown SwC	3/16	M	9:30am-10:20am
237259	Germantown SwC	3/17	Tu	7:30pm-8:20pm
237257	M L King SwC	3/18	W	9:00am-9:50am
237262	Germantown SwC	3/18	W	9:30am-10:20am
237260	Germantown SwC	3/19	Th	7:30pm-8:20pm
237258	M L King SwC	3/20	F	9:00am-9:50am
237263	Germantown SwC	3/20	F	9:30am-10:20am

8 Sessions \$43

Instructor: Sally Dimsdale

237264	Montgomery AqC	3/16	M	8:30pm-9:20pm
237265	Montgomery AqC	3/17	Tu	11:30am-12:20pm
237268	Montgomery AqC	3/17	Tu	8:30pm-9:20pm
237266	Montgomery AqC	3/18	W	8:30pm-9:20pm
237267	Montgomery AqC	3/19	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

237271	Olney SwC	3/16	M	8:00pm-8:50pm
237273	Olney SwC	3/16	M	9:00am-9:50am
237269	Olney SwC	3/18	W	9:00am-9:50am
237272	Olney SwC	3/18	W	8:00pm-8:50pm
237270	Olney SwC	3/20	F	9:00am-9:50am

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions \$48

Instructor: Peggy Brower

237131	M L King SwC	3/20	F	10:00am-10:50am
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Land-Based Instruction

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

8 Sessions \$43

Instructor: Sally Dimsdale

237134	Montgomery AqC	3/17	Tu	6:30pm-7:20pm
237135	Montgomery AqC	3/19	Th	6:30pm-7:20pm
237133	Montgomery AqC	3/20	F	7:30am-8:20am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions \$69

Instructor: Sally Dimsdale

237139	Germantown SwC	3/21	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

237137	Olney SwC	3/17	Tu	7:00pm-8:00pm
237138	Olney SwC	3/19	Th	7:00pm-8:00pm
237136	Olney SwC	3/21	Sa	9:00am-10:00am



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. **Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full.** Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Practices begin April 13, 2009. The Spring only session of RMSC runs to May 24, 2009. Summer practice may change due to scheduling conflicts. The Spring/Summer session of RMSC runs to the beginning of August.

GERMANTOWN INDOOR SWIM CENTER

For information contact Pam Ambrose at 240-777-6830 or Pam.Ambrose@montgomerycountymd.gov.

MINIS (240572) Spring Only \$220

Tu-Th 5:30pm-6:30pm

Recommended attendance: 2/week

JUNIORS 1 (240565) Spring Only \$220

Monday 5:30pm-6:30pm

Wednesday 6:30pm-7:30pm

Friday 5:00pm-6:00pm

Recommended attendance: 2/week.

JUNIORS 2 (240566) Spring Only \$250

M, Th, F 6:30pm-7:30pm

Sunday 7:00am-8:00am

Recommended attendance: 3/week.

ADVANCED JUNIORS (240570) Spring Only \$275 Spring/Summer (240567) \$575

M, F 6:00pm-7:30pm

Tu, Th 6:30pm-7:30pm

Sunday 7:00am-8:00am

Recommended attendance: 3-5/week

SENIORS (240568) Spring Only \$275

Monday 4:45am-6:00am

Tuesday 4:45pm-6:00pm

Th, F 3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS (240569) Spring/Summer \$675

M, W 3:30pm-5:30pm

Tuesday 3:30pm-4:45pm

Tu, Th 4:45am-6:15am

Friday 3:30pm-5:00pm

Saturday 5:30am-7:30am

* Required practice. Minimum practices required: 5/week.

NDG (240571) Spring/Summer \$675

Tu, W 6:00pm-7:30pm

Th, F 5:00pm-6:30pm

Saturday 7:00am-9:00am

Minimum practices required: 5/week

NTG (240573) Spring/Summer \$725

M, W 3:30pm-6:00pm

Tu, Th 3:30pm-5:30pm

Saturday 6:00am-9:00am

M, W, F 4:45am-6:00am

Minimum practices required: 7/week

*Friday practice is required. Minimum practices required: 6/week.

MONTGOMERY AQUATIC CENTER

For information contact Christa Krukiel at 240-777-8070 or Christa.Krukiel@montgomerycountymd.gov.

MINIS Spring only (240536) Spring Only \$220

M, W 6:00pm-7:00pm

Tu, Th 5:00pm-5:45pm

Recommended attendance: 2/week.

JUNIORS (240537) Spring Only \$220

M, W, F 5:00pm-6:00pm

Sunday 8:45am-10:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS (240539) Spring Only \$275 Spring/Summer (240538) \$575

Tu, Th 5:45pm-7:15pm

Wednesday 6:15pm-7:30pm

Friday 5:45pm-7:00pm

Sunday 7:00am-9:00am

Required attendance: 3/week.

SENIORS Spring Only

OPTION 1 (240541) \$275

M, W, & F 3:30pm-5:00pm

Th 4:45am-6:15am

Sunday 6:00am-8:00am

OPTION 2 (240543) \$275

Tu, Th, F 3:30pm-5:00pm

Tu 4:45am-6:15am

Sunday 6:00am-8:00am

Required attendance 3/week.

ADVANCED SENIORS (240540) Spring/Summer \$675

M-Th 3:30pm-5:00pm

Tu, Th, F 4:45am-6:15am

Sunday 6:00am-8:00am

Minimum practices required: 6/week.

NDG (240542) Spring/Summer \$675

M, Tu, Th, & F 6:00pm-7:30pm

W, F 4:45am-6:15am

Saturday 5:00am-8:00am

Minimum practices required: 5/week.

NTG (240544) Spring/Summer \$725

M, Tu, Th, & F 3:45pm-6:00pm

Wednesday 3:45pm-6:15pm

Tu-F 4:45am-6:15am

Saturday 5:00am-8:00am

Minimum practices required: 7/week.

Notice:

The program fee covers only the practice time and locker room use. If you wish to use the facility before or after practice, you must pay the admission.





MARTIN LUTHER KING, JR. SWIM CENTER

For information contact MLK at 240-777-8060.

MINIS (240545) Spring Only \$220

M, W 5:00pm-6:00pm
Friday 4:30pm-5:30pm

Recommended attendance: 2-3/week.

JUNIORS (240546) Spring Only \$250

M, W 6:00pm-7:00pm
Friday 5:30pm-7:00pm
Sunday 8:00am-9:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS (240550) Spring only \$275 Spring/Summer (240547) \$575

Monday 6:00pm-7:00pm
W, F 5:00pm-6:30pm
Sunday 6:00am-8:00am
Monday 5:30pm-6:00pm DRYLAND

Required attendance: 3-4/week.

Additional dryland practices may be required.

SENIORS (240548) Spring Only \$275

M-F 3:30pm-5:00pm

Recommended attendance: 3/week.

ADVANCED SENIORS (240549) Spring/Summer \$675

Tu-F 3:30pm-5:00pm*
Saturday 6:00am-9:00am
M, F 4:45pm-6:30pm

Minimum attendance required: 5/week.

* Dryland practice required until 5:45pm.

NDG (240551) Spring/Summer \$675

Monday 4:00pm-6:00pm
Tu, Th 5:00pm-6:30pm
Wednesday 4:45am-6:30am
Sunday 6:00am-9:00am

Minimum attendance required: 5/week.

Dryland practices are required.

NTG (240553) Spring/Summer \$675

Monday 4:00pm-6:30pm
Tu, Th 4:30pm-7:15pm
Wednesday 5:00pm-7:00pm
Saturday 6:00am-9:00am
M, W, & F 4:45am-6:30am

Minimum attendance required: 6-7/week.

Dryland practices are required.

OLNEY SWIM CENTER

For information contact Carey Apple at 301-570-1210 or Carey.Apple@montgomerycountymd.gov.

MINIS (240554) Spring Only \$220

Tu, Th, & F 6:00pm-7:00pm

Recommended attendance: 2/week.

JUNIORS 1 (240555) Spring Only \$220

Tu, Th 6:00pm-7:00pm
Sunday 8:00am-9:00am

Recommended attendance: 2/week.

JUNIORS 2 (240556) Spring Only \$250

M, W 6:00pm-7:00pm
Friday 5:00pm-6:00pm
Sunday 7:30am-8:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS (240562) Spring Only \$275 Spring/Summer (240557) \$575

Tu, Th, & F 5:00pm-6:00pm
Wednesday 5:30pm-7:00pm
Sunday 7:30am-9:00am

Required attendance: 3-5/week.

SENIORS (240558) Spring Only \$275

Tu-F 3:45pm-5:00pm

Recommended attendance: 3/week.

ADVANCED SENIORS (240559) Spring/Summer \$675

M, W, & F 3:30pm-5:30pm
Tuesday 3:30pm-5:00pm
Tu, Th 4:45am-6:15am
Saturday 5:30am-7:30am

Required attendance: 5/week.

NDG (240561) Spring/Summer \$675

M, F 5:30pm-7:00pm
Tu, Th 5:00pm-7:00pm
Sunday 7:00am-9:00am

Minimum practices required: 4/week.

NTG (240563) Spring/Summer \$725

M-Th 3:30pm-6:00pm
Friday 3:30pm-5:00pm
Saturday 6:00am-9:00am
M, W, & F 4:45am-6:15am

Minimum practices required: 7/week.

Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: www.montgomerycountymd.gov/rec

Click the Programs dropdown and select Aquatics, and click go.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Program flyers are available at each pool, or call MDC at 1-301-829-2303 or visit www.montgomerydiveclub.org. Practice schedules will be available at each swim center and online.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

Kinder Dive (GISC): This is a new program geared to help young children (4–6 years old) to get comfortable in the water, learn basic tumbling skills, basic trampoline and spatial orientation activities in the water.

Home School (GISC): New program offered to home schooled students. This program is offered to kids with an interest in learning basic diving skills and water skills to raise their comfort in deep water for diving.

Dive Lessons (GISC/MAC/MLK/OSC): There are many prerequisite skills learned on the tumbling mats along with the diving skills. All of these skills must be learned before joining our competitive programs. Each diver will receive a certificate at the end of the session illustrating which skills have been learned.

High School (GISC/MAC): These groups are for kids age 14 and older interested in preparing for the team programs in the future or just preparing for high school level and summer league level diving competitions.

Pre-Team (GISC/MAC/MLK/OSC): Registration for this program is limited to invitation only. This group is intended as a stepping stone into our competitive team programs. Strength and flexibility training is crucial for this group.

Dive Team (GISC/MAC): Registration for this program by invitation only. Participants must attend a minimum of 5 practices per week and must meet strength and flexibility requirements as well as skill requirements.

Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. All participants and parents should attend the first class. Students will be assigned groups and start time at the first class.

16 Sessions \$180.00

Registration begins 3/9 at 6:30am.

Instructor: clinics MSTC

224640 Germantown ISC 3/24 Tu, Th 7:30pm-8:20pm

224641 Montgomery AqC 3/17 Tu, Th 7:20pm-8:10pm

20 Sessions \$180.00

Registration begins 2/1 at 6:30am. Participation at Olney will be evaluated at the first session and given a class time for the remaining sessions. All participants should arrive at 7:00pm for the first session.

Instructor: clinics MSTC

224638 Olney SwC 2/23 M, W 7:00pm-7:45pm

224638 Olney SwC 2/23 M, W 7:45pm-8:30pm



Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

226158	1 day per week	\$90
226159	2 days per week	\$130
226160	3 days per week	\$170
226161	4 days per week	\$210
226162	5 days per week	\$250

Practice Schedule

GISC	M, W, F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
MAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm

Aqua Sports Camp

This camp has it all—swimming, diving, trampoline, soccer, kickball, crafts, and games!!! Campers should be able to swim 25 yards and must be comfortable in water that exceeds their height. Campers must be 8 to 13 years old. Campers must come equipped with shorts, T-shirts, and tennis or athletic-type shoes. Campers should bring nonperishable lunch, and extra pair of athletic socks, a swim suit, towel, cap, goggles, and sunscreen. A \$15 material fee is due at the beginning of the session payable to Tober Aqua Sports, Inc. Extended Care is provided by the camp for morning and/or afternoon. For more information, contact Mike Tober at (301) 873-8411 or visit www.toberaquasportscamp.com.

5 Sessions \$245

Instructor: Tober Aqua Sports, Inc

244531 Germantown SwC 4/6 M-F 8:45am - 4:00pm

Before Care

5 Sessions \$25

Instructor: Tober Aqua Sports, Inc.

244535 Germantown SwC 4/6 M-F 7:30am - 8:45 am

After Care

5 Sessions \$25

Instructor: Tober Aqua Sports, Inc

244533 Germantown SwC 4/6 M-F 4:00pm - 6:00pm



Safety Training 2008

Germantown Indoor Swim Center (GISC)	240-777-6830
Martin Luther King Pool (MLK)	240-777-8060
Montgomery Aquatic Center (MAC)	240-777-8070
Olney Swim Center (OSC)	301-570-1210

MCDR Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

To ensure security of your credit card information, payments by Visa or MasterCard must be done on-line or in person at the facility.

Lifeguard Training

\$175

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer, First Aid and AED. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR and AED for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The pre-course consists of 300 meter swim (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke); and swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.



Olney Swim Center

LGT 3: Course #227284

Pre-course	Saturday, Feb. 21, 2009	4:00pm	5:30pm
Session 1	Sunday, Feb. 22, 2009	1:30pm	9:00pm
Session 2	Wednesday, Feb. 25, 2009	6:30pm	10:00pm
Session 3	Sunday, Mar. 1, 2009	1:30pm	9:00pm
Session 4	Wednesday, Mar. 4, 2009	6:30pm	10:00pm
Session 5	Sunday, Mar. 8, 2009	1:30pm	9:00pm
Session 6	Wednesday, Mar. 11, 2009	6:30pm	10:00pm
Session 7	Sunday, Mar. 15, 2009	1:30pm	9:00pm
Session 8	Wednesday, Mar. 18, 2009	6:30pm	10:00pm
Session 9	Sunday, Mar. 22, 2009	1:30pm	9:00pm
Session 10	Sunday, Mar. 29, 2009	1:30pm	9:00pm

LGT 4: Course #227285

Pre-course	Wednesday, Apr. 1, 2009	8:00pm	9:30pm
Session 1	Sunday, Apr. 5, 2009	9:00am	12:30pm
Session 2	Monday, Apr. 6, 2009	9:00am	12:00pm
Session 3	Monday, Apr. 6, 2009	12:30pm	4:30pm
Session 4	Tuesday, Apr. 7, 2009	9:00am	12:00pm
Session 5	Tuesday, Apr. 7, 2009	12:30pm	4:30pm
Session 6	Wednesday, Apr. 8, 2009	9:00am	12:00pm
Session 7	Wednesday, Apr. 8, 2009	12:30pm	4:30pm
Session 8	Thursday, Apr. 9, 2009	9:00am	12:30pm
Session 9	Friday, Apr. 10, 2009	9:00am	12:30pm
Session 10	Saturday, Apr. 11, 2009	10:00am	1:30pm

LGT 5: Course #227286

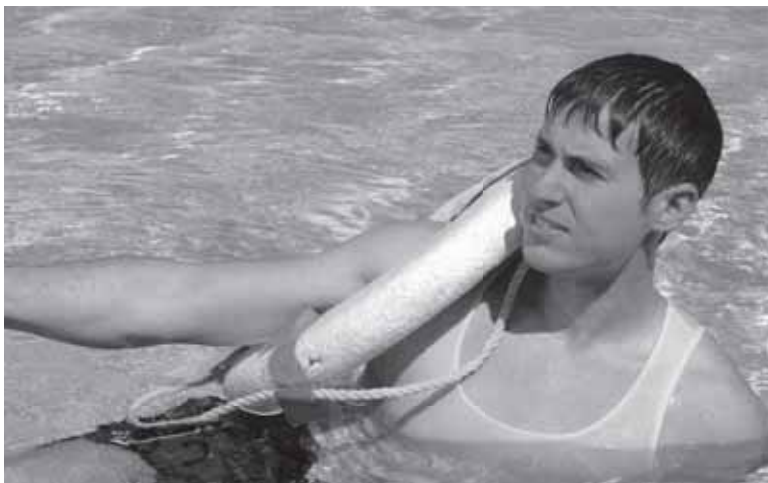
Pre-course	Wednesday, Apr. 15, 2009	6:30pm	10:00pm
Session 1	Sunday, Apr. 19, 2009	5:30pm	9:00pm
Session 2	Wednesday, Apr. 22, 2009	6:30pm	10:00pm
Session 3	Sunday, Apr. 26, 2009	5:30pm	9:00pm
Session 4	Wednesday, Apr. 29, 2009	6:30pm	10:00pm
Session 5	Sunday, May 3, 2009	5:30pm	9:00pm
Session 6	Wednesday, May 6, 2009	6:30pm	10:00pm
Session 7	Sunday, May 10, 2009	5:30pm	9:00pm
Session 8	Wednesday, May 13, 2009	6:30pm	10:00pm
Session 9	Sunday, May 17, 2009	5:30pm	9:00pm
Session 10	Wednesday, May 20, 2009	6:30pm	10:00pm

LGT 6: Course #227289

Pre-course	Saturday, Jun. 20, 2009	4:00pm	5:30pm
Session 1	Sunday, Jun. 21, 2009	5:30pm	9:00pm
Session 2	Wednesday, Jun. 24, 2009	6:30pm	10:00pm
Session 3	Sunday, Jun. 28, 2009	5:30pm	9:00pm
Session 4	Wednesday, Jul. 1, 2009	6:30pm	10:00pm
Session 5	Sunday, Jul. 5, 2009	5:30pm	9:00pm
Session 6	Wednesday, Jul. 8, 2009	6:30pm	10:00pm
Session 7	Sunday, Jul. 12, 2009	5:30pm	9:00pm
Session 8	Wednesday, Jul. 15, 2009	6:30pm	10:00pm
Session 9	Sunday, Jul. 19, 2009	5:30pm	9:00pm
Session 10	Wednesday, Jul. 22, 2009	6:30pm	10:00pm

RecWeb...
easy, fast, secure!
montgomerycountymd.gov/rec





Montgomery Aquatic Center

LGT 4: Course #224956

Pre-course	Friday, Apr. 3, 2009	6:30pm	9:00pm
Session 1	Saturday, Apr. 4, 2009	8:30am	11:30am
Session 2	Sunday, Apr. 5, 2009	8:30am	11:30am
Session 3	Monday, Apr. 6, 2009	8:30am	11:30am
Session 4	Monday, Apr. 6, 2009	12:00pm	3:00pm
Session 5	Tuesday, Apr. 7, 2009	8:30am	11:30am
Session 6	Tuesday, Apr. 7, 2009	12:00pm	3:00pm
Session 7	Wednesday, Apr. 8, 2009	8:30am	11:30am
Session 8	Thursday, Apr. 9, 2009	8:30am	11:30am
Session 9	Friday, Apr. 10, 2009	8:30am	11:30am
Session 10	Saturday, Apr. 11, 2009	8:30am	12:00pm

LGT 5: Course #224957

Pre-course	Friday, Apr. 3, 2009	6:30pm	9:00pm
Session 1	Saturday, Apr. 4, 2009	3:00pm	6:00pm
Session 2	Saturday, Apr. 4, 2009	6:30pm	9:30pm
Session 3	Sunday, Apr. 5, 2009	6:00pm	9:00pm
Session 4	Monday, Apr. 6, 2009	6:00pm	9:00pm
Session 5	Tuesday, Apr. 7, 2009	6:00pm	9:00pm
Session 6	Wednesday, Apr. 8, 2009	3:00pm	6:00pm
Session 7	Wednesday, Apr. 8, 2009	6:30pm	9:30pm
Session 8	Thursday, Apr. 9, 2009	6:00pm	9:00pm
Session 9	Friday, Apr. 10, 2009	6:00pm	9:00pm
Session 10	Saturday, Apr. 11, 2009	6:00pm	9:30pm

LGT 6: Course #224958

Pre-course	Friday, Apr. 17, 2009	6:30pm	9:00pm
Session 1	Sunday, Apr. 19, 2009	9:00am	12:00pm
Session 2	Sunday, Apr. 19, 2009	12:30pm	3:30pm
Session 3	Wednesday, Apr. 22, 2009	6:30pm	9:30pm
Session 4	Friday, Apr. 24, 2009	6:30pm	9:30pm
Session 5	Sunday, Apr. 26, 2009	9:00am	12:00pm
Session 6	Sunday, Apr. 26, 2009	12:30pm	3:30pm
Session 7	Wednesday, Apr. 29, 2009	6:30pm	9:30pm
Session 8	Friday, May 1, 2009	6:30pm	9:30pm
Session 9	Sunday, May 3, 2009	9:00am	12:00pm
Session 10	Sunday, May 3, 2009	12:30pm	3:30pm

Martin Luther King, Jr. Swim Center

LGT 3: Course #224402

Pre-course	Monday, Apr. 6, 2009	9:00am	12:00pm
Session 1	Monday, Apr. 6, 2009	12:00pm	3:00pm
Session 2	Tuesday, Apr. 7, 2009	9:00am	12:00pm
Session 3	Tuesday, Apr. 7, 2009	12:00pm	3:00pm
Session 4	Wednesday, Apr. 8, 2009	9:00am	12:00pm
Session 5	Wednesday, Apr. 8, 2009	12:00pm	3:00pm
Session 6	Thursday, Apr. 9, 2009	9:00am	12:00pm
Session 7	Thursday, Apr. 9, 2009	12:00pm	3:00pm
Session 8	Friday, Apr. 10, 2009	9:00am	12:00pm
Session 9	Friday, Apr. 10, 2009	12:00pm	3:00pm

LGT 4: Course #224403

Pre-course	Monday, Apr. 20, 2009	6:30pm	9:30pm
Session 1	Tuesday, Apr. 21, 2009	6:30pm	9:30pm
Session 2	Saturday, Apr. 25, 2009	9:00am	12:00pm
Session 3	Monday, Apr. 27, 2009	6:30pm	9:30pm
Session 4	Tuesday, Apr. 28, 2009	6:30pm	9:30pm
Session 5	Saturday, May 2, 2009	9:00am	12:00pm
Session 6	Monday, May 4, 2009	6:30pm	9:30pm
Session 7	Tuesday, May 5, 2009	6:30pm	9:30pm
Session 8	Saturday, May 9, 2009	9:00am	12:00pm
Session 9	Monday, May 11, 2009	6:30pm	9:30pm
Session 10	Tuesday, May 12, 2009	6:30pm	9:30pm

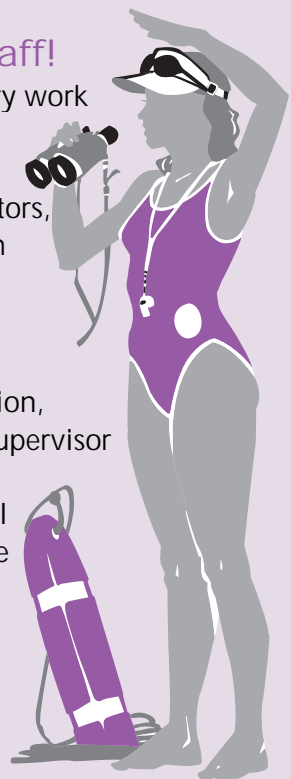
Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Germantown Indoor Swim Center

LGT 3: Course #226366

Pre-course	Sunday, Mar. 29, 2009	3:00pm	4:30pm
Session 1	Monday, Apr. 6, 2009	2:00pm	9:00pm
Session 2	Tuesday, Apr. 7, 2009	2:00pm	9:00pm
Session 3	Wednesday, Apr. 8, 2009	2:00pm	9:00pm
Session 4	Thursday, Apr. 9, 2009	2:00pm	9:00pm
Session 5	Friday, Apr. 10, 2009	2:00pm	9:00pm

LGT 4: Course #226367

Pre-course	Sunday, Mar. 22, 2009	3:00pm	4:30pm
Session 1	Wednesday, Apr. 15, 2009	6:30pm	9:30pm
Session 2	Sunday, Apr. 19, 2009	10:00am	4:30pm
Session 3	Sunday, Apr. 26, 2009	10:00am	4:30pm
Session 4	Wednesday, Apr. 29, 2009	6:30pm	9:30pm
Session 5	Sunday, May 3, 2009	10:00am	4:30pm
Session 6	Wednesday, May 6, 2009	6:30pm	9:30pm
Session 7	Sunday, May 10, 2009	10:00am	4:30pm

LGT 5: Course #226369

Pre-course	Wednesday, Jun. 17, 2009	8:00pm	9:30pm
Session 1	Sunday, Jun. 21, 2009	10:00am	4:30pm
Session 2	Wednesday, Jun. 24, 2009	6:30pm	9:30pm
Session 3	Sunday, Jun. 28, 2009	10:00am	4:30pm
Session 4	Wednesday, Jul. 1, 2009	6:30pm	9:30pm
Session 5	Sunday, Jul. 5, 2009	10:00am	4:30pm
Session 6	Wednesday, Jul. 8, 2009	6:30pm	9:30pm
Session 7	Sunday, Jul. 12, 2009	10:00am	1:00pm



Parents overconfident in their child's swimming ability

According to the American Academy of Pediatrics, "generally, children are not developmentally ready for swimming lessons until after their fourth birthday. Aquatic programs for infants and toddlers have not been shown to decrease the risk of drowning, and parents should not feel secure that their child is safe in water or safe from drowning after participating in such programs." Parent assisted classes will help a child adapt and feel comfortable in the water, helping to prepare the child for future lessons.

That doesn't mean, however, that children should not get swimming instruction.

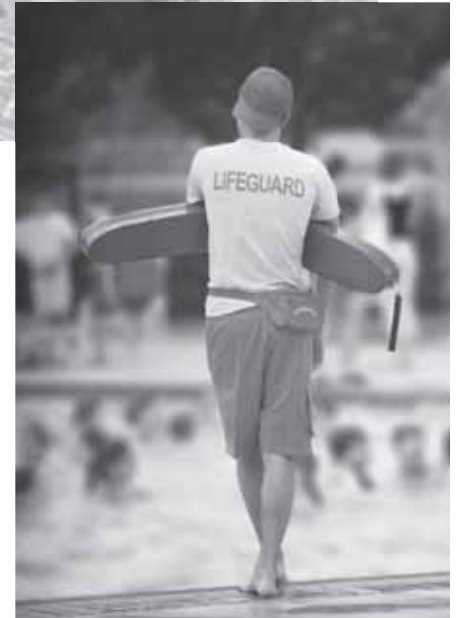
"Some have the misconception that the AAP is saying that no child should have swimming lessons until they are 4. There are developmental differences with every child," said Dr. Eric Small, chairman of the AAP Council on Sports Medicine and Fitness.

What he does stress is that parents should be within arm's reach of a child, regardless of whether that child has had swimming lessons, until a child is 6 to 8 years old, depending on the child's swimming ability.

"Physically, children are not ready for all the coordination of the motions and the balance in the water at younger ages than 4. Some are not ready until they are 5 or 6," Dr. Small said.

The AAP report on swimming safety states that "children who begin swimming lessons at an earlier age does not translate to a more rapid mastery of aquatic skills or a higher level of swimming proficiency compared with those taking lessons at a later age."

Drowning is a leading cause of unintentional injury and death in the pediatric age group. In the United States, drowning rates are the highest among children ages 1 through 2, according to the AAP.



What do you have to say?

Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

Survey is available at montgomerycountymd.gov/content/rec/survey.asp.

Your comments will help us to improve our services.



Lifeguard Instructor Training

\$270

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old.

Montgomery Aquatic Center

LGI 1: Course #224950

Session	Date	Begins	Ends
	Wednesday, Mar. 4, 2009	6:30pm	9:30pm
	Friday, Mar. 6, 2009	6:30pm	9:30pm
	Sunday, Mar. 8, 2009	9:00am	4:00pm
	Wednesday, Mar. 11, 2009	6:30pm	9:30pm
	Friday, Mar. 13, 2009	6:30pm	9:30pm
	Sunday, Mar. 15, 2009	9:00am	4:00pm
	Wednesday, Mar. 18, 2009	6:30pm	9:30pm
	Friday, Mar. 20, 2009	6:30pm	9:30pm
	Sunday, Mar. 22, 2009	9:00am	4:00pm
	Wednesday, Mar. 25, 2009	6:30pm	9:30pm
	Friday, Mar. 27, 2009	6:30pm	9:30pm
	Sunday, Mar. 29, 2009	9:00am	12:00pm

Scuba Instruction

Learn to SCUBA dive. Train and prepare for certification locally or at your vacation destination through our referral program. SCUBA training will include weekly lectures and pool training in an Olympic size pool. Your program will stress diving safety and include training in the safe use of Skin and SCUBA diving equipment, such as air tanks, buoyancy control devices, SCUBA regulators, and more. Your course fee includes use of air tanks, buoyancy control devices, and SCUBA regulators for all pool training sessions. Necessary personal Skin diving equipment and text will be additional.

Contact instructor for more details at 301-610-4988 or Training@ScubaAdventure.org. No personal Skin equipment is necessary for the first class; features, proper use and fit will be presented during the first class session. Please bring a swim suit, towel, padlock, paper and writing tool to each class. Note: A swim evaluation will be conducted at the first session. Comfort in the water must be demonstrated. Registrants must be at least 15 years old.

8 Sessions

\$235

229765	Olney SwC	M	4/6	7:00pm-10:00pm
229767	Germantown ISC	Tu	4/7	7:00pm-10:00pm
229766	ML King SwC	W	4/8	7:00pm-10:00pm



CPR/FPR/AED

\$70

This course will certify you in CPR/FPR/AED (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

Montgomery Aquatic Center

CPR/FPR/AED 1: Course #224951

Session	Date	Begins	Ends
Session 1	Wednesday, Jun. 3, 2009	6:00pm	10:00pm
Session 2	Friday, Jun. 5, 2009	6:00pm	10:00pm

CPR/FPR/AED 2: Course #224952

Session	Date	Begins	Ends
Session 1	Tuesday, Jun. 2, 2009	6:00pm	10:00pm
Session 2	Thursday, Jun. 4, 2009	6:00pm	10:00pm

Pool Operator Course

\$80

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCRD Building, 4010 Randolph Road in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCRD Offices

Pool Op 2: Course #222751

Session	Date	Begins	Ends
Session 1	Monday, Apr. 6, 2009	7:00pm	9:30pm
Session 2	Tuesday, Apr. 7, 2009	7:00pm	9:30pm
Session 3	Wednesday, Apr. 8, 2009	7:00pm	9:30pm
Session 4	Thursday, Apr. 9, 2009	7:00pm	9:30pm
Session 5	Friday, Apr. 10, 2009	7:00pm	9:30pm

Pool Op 3: Course #222752

Session	Date	Begins	Ends
Session 1	Monday, May 4, 2009	7:00pm	9:30pm
Session 2	Wednesday, May 6, 2009	7:00pm	9:30pm
Session 3	Monday, May 11, 2009	7:00pm	9:30pm
Session 4	Wednesday, May 13, 2009	7:00pm	9:30pm
Session 5	Thursday, May 14, 2009	7:00pm	9:30pm

Pool Op 4: Course #222753

Session	Date	Begins	Ends
Session 1	Wednesday, May 27, 2009	7:00pm	9:30pm
Session 2	Thursday, May 28, 2009	7:00pm	9:30pm
Session 3	Monday, Jun. 1, 2009	7:00pm	9:30pm
Session 4	Wednesday, Jun. 3, 2009	7:00pm	9:30pm
Session 5	Thursday, Jun. 4, 2009	7:00pm	9:30pm

Pool Operator Review

\$50

This course will allow current pool operators to apply for renewal. The student must currently possess a Montgomery County Pool Operator's license. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

Olney Swim Center

Pool Op REVIEW: Course #222754

Session	Date	Begins	Ends
Session 1	Saturday, May 16, 2009	10:00am	1:00pm

Ways to Register for Swim Lessons



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by February 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools.



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



Fax 240-777-6818 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form. See page 142 for details.

Indoor Pool Swim Lesson Registration processing will begin February 18, 2009, at 6:30am.

Non-County residents registration begins February 19, 2009. No registrations will be processed before this time.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.

Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor pools. Swim lesson fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.



Swimming Lesson Skills

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at www.montgomery-countymd.gov/rec. Once here click on the *program* drop down and select *Aquatics* and click on *go*.

Click on ***Aquatics Check List/Report Card Download*** and select the level(s) you wish to view.



Germantown Indoor Swim Center

Phone: 240-777-6830

Registration begins February 18. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. No classes March 26-29, April 6-12, and May 23-25, 2009.

See page 17 for registration information.

GISC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
236120	Germantown SwC	2/28	Sa	10:25am-10:55am	
236121	Germantown SwC	3/1	Su	9:45am-10:15am	
236122	Germantown SwC	4/18	Sa	10:25am-10:55am	
236123	Germantown SwC	4/19	Su	9:45am-10:15am	

GISC-Aquatots

Designed for children 18 months to 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
236132	Germantown SwC	2/25	W	6:10pm-6:40pm	
236124	Germantown SwC	2/28	Sa	11:45am-12:15pm	
236125	Germantown SwC	2/28	Sa	12:25pm-12:55pm	
236128	Germantown SwC	3/1	Su	11:05am-11:35am	
236129	Germantown SwC	3/1	Su	12:25pm-12:55pm	
236135	Germantown SwC	4/15	W	6:10pm-6:40pm	
236130	Germantown SwC	4/18	Sa	11:45am-12:15pm	
236131	Germantown SwC	4/18	Sa	12:25pm-12:55pm	
236133	Germantown SwC	4/19	Su	11:05am-11:35am	
236134	Germantown SwC	4/19	Su	12:25pm-12:55pm	



GISC-Pre-School

Designed for children 3-5 years. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions					\$50
236142	Germantown SwC	2/25	W	5:30pm-6:00pm	
236136	Germantown SwC	2/28	Sa	11:05am-11:35am	
236137	Germantown SwC	2/28	Sa	1:05pm-1:35pm	
236139	Germantown SwC	3/1	Su	10:25am-10:55am	
236140	Germantown SwC	3/1	Su	11:45am-12:15pm	
236145	Germantown SwC	4/15	W	5:30pm-6:00pm	
236141	Germantown SwC	4/18	Sa	11:05am-11:35am	
236146	Germantown SwC	4/18	Sa	1:05pm-1:35pm	
236143	Germantown SwC	4/19	Su	10:25am-10:55am	
236144	Germantown SwC	4/19	Su	11:45am-12:15pm	

GISC-Pre-Beginner-Level 1

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions					\$59
236153	Germantown SwC	2/23	M	5:30pm-6:00pm	
236185	Germantown SwC	2/23	M	6:10pm-6:40pm	
236155	Germantown SwC	2/25	W	5:30pm-6:00pm	
236148	Germantown SwC	2/28	Sa	10:25am-10:55am	
236149	Germantown SwC	2/28	Sa	11:05am-11:35am	
236179	Germantown SwC	2/28	Sa	11:45am-12:15pm	
236180	Germantown SwC	2/28	Sa	1:05pm-1:35pm	
236150	Germantown SwC	3/1	Su	10:25am-10:55am	
236151	Germantown SwC	3/1	Su	11:05am-11:35am	
236181	Germantown SwC	3/1	Su	11:45am-12:15pm	
236182	Germantown SwC	3/1	Su	12:25pm-12:55pm	
236152	Germantown SwC	3/3	Tu, Th	5:30pm-6:00pm	
236183	Germantown SwC	3/3	Tu, Th	5:30pm-6:00pm	
236154	Germantown SwC	3/31	Tu, Th	6:10pm-6:40pm	
236187	Germantown SwC	4/18	Sa	11:45am-12:15pm	
236164	Germantown SwC	4/15	W	5:30pm-6:00pm	
236156	Germantown SwC	4/18	Sa	9:45am-10:15am	
236157	Germantown SwC	4/18	Sa	1:05pm-1:35pm	
236186	Germantown SwC	4/18	Sa	11:05am-11:35am	
236184	Germantown SwC	3/31	Tu, Th	6:10pm-6:40pm	
236158	Germantown SwC	4/19	Su	10:25am-10:55am	
236159	Germantown SwC	4/19	Su	11:45am-12:15pm	
236188	Germantown SwC	4/19	Su	11:05am-11:35am	
236189	Germantown SwC	4/19	Su	12:25pm-12:55pm	
236163	Germantown SwC	4/20	M	5:30pm-6:00pm	
236190	Germantown SwC	4/20	M	6:10pm-6:40pm	
236160	Germantown SwC	4/28	Tu, Th	5:30pm-6:00pm	
236161	Germantown SwC	4/28	Tu, Th	5:30pm-6:00pm	



GISC-Pre-Beginner-Level 2

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57

236352	Germantown SwC	2/25	W	6:10pm-6:40pm
236344	Germantown SwC	2/28	Sa	9:45am-10:15am
236345	Germantown SwC	2/28	Sa	10:25am-10:55am
236346	Germantown SwC	2/28	Sa	11:05am-11:35am
236347	Germantown SwC	2/28	Sa	1:05pm-1:35pm
236348	Germantown SwC	2/28	Sa	11:45am-12:15pm
236349	Germantown SwC	3/1	Su	9:45am-10:15am
236350	Germantown SwC	3/1	Su	12:25pm-12:55pm
236371	Germantown SwC	3/1	Su	10:25am-10:55am
236372	Germantown SwC	3/1	Su	11:45am-12:15pm
236351	Germantown SwC	3/3	Tu, Th	6:10pm-6:40pm
236373	Germantown SwC	3/3	Tu, Th	6:10pm-6:40pm
236374	Germantown SwC	3/31	Tu, Th	4:50pm-5:20pm
236375	Germantown SwC	3/31	Tu, Th	4:50pm-5:20pm
236353	Germantown SwC	4/15	W	6:10pm-6:40pm
236354	Germantown SwC	4/18	Sa	10:25am-10:55am
236376	Germantown SwC	4/18	Sa	11:45am-12:15pm
236919	Germantown SwC	4/18	Sa	9:45am-10:15am
236377	Germantown SwC	4/18	Sa	1:05pm-1:35pm
236358	Germantown SwC	4/19	Su	9:45am-10:15am
236378	Germantown SwC	4/19	Su	10:25am-10:55am
236379	Germantown SwC	4/19	Su	11:05am-11:35am
236380	Germantown SwC	4/19	Su	11:45am-12:15pm
236381	Germantown SwC	4/19	Su	12:25pm-12:55pm
236355	Germantown SwC	4/28	Tu, Th	6:10pm-6:40pm
236382	Germantown SwC	4/28	Tu, Th	6:10pm-6:40pm

GISC-Pre-Beginner-Level 3

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

236387	Germantown SwC	2/23	M	5:30pm-6:00pm
236383	Germantown SwC	2/28	Sa	9:45am-10:15am
236384	Germantown SwC	2/28	Sa	12:25pm-12:55pm
236405	Germantown SwC	2/28	Sa	1:05pm-1:35pm
236385	Germantown SwC	3/1	Su	10:25am-10:55am
236386	Germantown SwC	3/1	Su	11:05am-11:35am
236406	Germantown SwC	3/1	Su	11:45am-12:15pm
236389	Germantown SwC	3/3	Tu, Th	4:50pm-5:20pm
236407	Germantown SwC	3/3	Tu, Th	4:50pm-5:20pm
236392	Germantown SwC	3/31	Tu, Th	5:30pm-6:00pm
236408	Germantown SwC	3/31	Tu, Th	5:30pm-6:00pm
236388	Germantown SwC	4/18	Sa	9:45am-10:15am
236409	Germantown SwC	4/18	Sa	10:25am-10:55am
236410	Germantown SwC	4/18	Sa	12:25pm-12:55pm
236390	Germantown SwC	4/19	Su	11:05am-11:35am
236411	Germantown SwC	4/19	Su	11:45am-12:15pm
236412	Germantown SwC	4/19	Su	12:25pm-12:55pm
236394	Germantown SwC	4/20	M	5:30pm-6:00pm
236391	Germantown SwC	4/28	Tu, Th	4:50pm-5:20pm
236413	Germantown SwC	4/28	Tu, Th	4:50pm-5:20pm



GISC-Pre-Beginner-Level 4

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students. Class size is limited to 6 students.

6 Sessions \$57

236521	Germantown SwC	2/28	Sa	11:45am-12:15pm
236522	Germantown SwC	3/1	Su	11:05am-11:35am
236523	Germantown SwC	4/18	Sa	11:05am-11:35am
236524	Germantown SwC	4/19	Su	11:05am-11:35am

GISC-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

236920	Germantown SwC	2/23	M	6:10pm-6:40pm
236921	Germantown SwC	2/28	Sa	10:25am-10:55am
236923	Germantown SwC	3/1	Su	11:05am-11:35am
236925	Germantown SwC	4/18	Sa	10:25am-10:55am
236926	Germantown SwC	4/18	Sa	1:05pm-1:35pm
236924	Germantown SwC	4/19	Su	10:25am-10:55am
236922	Germantown SwC	4/20	M	6:10pm-6:40pm

GISC-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

236932	Germantown SwC	2/25	W	5:30pm-6:00pm
236927	Germantown SwC	2/28	Sa	9:45am-10:15am
236928	Germantown SwC	2/28	Sa	11:05am-11:35am
236930	Germantown SwC	3/1	Su	9:45am-10:15am
236931	Germantown SwC	3/1	Su	11:45am-12:15pm
236937	Germantown SwC	4/15	W	5:30pm-6:00pm
236934	Germantown SwC	4/18	Sa	1:05pm-1:35pm
236938	Germantown SwC	4/18	Sa	12:25pm-12:55pm
236935	Germantown SwC	4/19	Su	9:45am-10:15am
236936	Germantown SwC	4/19	Su	11:45am-12:15pm

Need goggles or nose-plugs? Our pools sell all your basic swimming needs.

GISC-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size limited to 10 students.

6 Sessions \$50

236944	Germantown SwC	2/25	W	6:10pm-6:40pm
236940	Germantown SwC	2/28	Sa	1:05pm-1:35pm
236942	Germantown SwC	2/28	Sa	12:25pm-12:55pm
236939	Germantown SwC	3/1	Su	10:25am-10:55am
236951	Germantown SwC	3/1	Su	12:25pm-12:55pm
236946	Germantown SwC	4/15	W	6:10pm-6:40pm
236943	Germantown SwC	4/18	Sa	11:05am-11:35am
236945	Germantown SwC	4/19	Su	10:25am-10:55am

GISC-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

236947	Germantown SwC	2/28	Sa	12:25pm-12:55pm
236948	Germantown SwC	3/1	Su	12:25pm-12:55pm
236949	Germantown SwC	4/18	Sa	12:25pm-12:55pm
236950	Germantown SwC	4/19	Su	12:25pm-12:55pm

GISC-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

236952	Germantown SwC	2/28	Sa	11:45am-12:15pm
236953	Germantown SwC	3/1	Su	11:05am-11:35am
236954	Germantown SwC	4/18	Sa	11:45am-12:15pm
236955	Germantown SwC	4/19	Su	11:05am-11:35am

GISC-Youth-Level 6

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

236956	Germantown SwC	2/28	Sa	12:25pm-12:55pm
236957	Germantown SwC	3/1	Su	9:45am-10:15am
236958	Germantown SwC	4/18	Sa	12:25pm-12:55pm
236959	Germantown SwC	4/19	Su	9:45am-10:15am

**GISC-Adult Level 1**

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

236960	Germantown SwC	2/28	Sa	11:05am-11:35am
236962	Germantown SwC	3/1	Su	10:25am-10:55am
236961	Germantown SwC	4/18	Sa	11:05am-11:35am
236963	Germantown SwC	4/19	Su	10:25am-10:55am

GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

236964	Germantown SwC	2/28	Sa	10:25am-10:55am
236965	Germantown SwC	3/1	Su	9:45am-10:15am
236966	Germantown SwC	4/18	Sa	10:25am-10:55am
236967	Germantown SwC	4/19	Su	9:45am-10:15am

GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

236968	Germantown SwC	2/28	Sa	9:45am-10:15am
236970	Germantown SwC	3/1	Su	12:25pm-12:55pm
236969	Germantown SwC	4/18	Sa	9:45am-10:15am
236971	Germantown SwC	4/19	Su	12:25pm-12:55pm

GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

Sessions \$57

236972	Germantown SwC	3/1	Su	11:45am-12:15pm
236973	Germantown SwC	4/18	Sa	11:45am-12:15pm
236974	Germantown SwC	4/19	Su	11:45am-12:15pm

Martin Luther King Swim Center

Phone: 240-777-8060

Registration begins February 18. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. Some classes may be taught at the outdoor pool at the discretion of the instructor or management. No classes March 5-8, April 6-12, and May 23-25, 2009.

See page 17 for registration information.

MLK-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions						\$50
240233	M L King SwC	2/21	Sa	10:15am-10:45am		
240234	M L King SwC	2/24	Tu	9:30am-10:00am		
240235	M L King SwC	2/24	Tu	4:30pm-5:00pm		
240236	M L King SwC	2/26	Th	10:10am-10:40am		
240237	M L King SwC	2/26	Th	5:50pm-6:20pm		
240238	M L King SwC	4/20	M	5:10pm-5:40pm		
240239	M L King SwC	4/21	Tu	5:50pm-6:20pm		
240240	M L King SwC	4/23	Th	10:10am-10:40am		
240241	M L King SwC	4/23	Th	6:30pm-7:00pm		



MLK-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions						\$50
239650	M L King SwC	2/21	Sa	1:00pm-1:30pm		
239651	M L King SwC	2/22	Su	10:00am-10:30am		
239652	M L King SwC	2/22	Su	11:20am-11:50am		
239653	M L King SwC	2/24	Tu	5:10pm-5:40pm		
239654	M L King SwC	2/24	Tu	5:50pm-6:20pm		
239655	M L King SwC	2/25	W	9:30am-10:00am		
239656	M L King SwC	2/25	W	4:30pm-5:00pm		
239657	M L King SwC	2/26	Th	5:10pm-5:40pm		
239658	M L King SwC	2/26	Th	6:30pm-7:00pm		
239659	M L King SwC	4/19	Su	10:00am-10:30am		
239660	M L King SwC	4/19	Su	11:20am-11:50am		
239661	M L King SwC	4/20	M	6:30pm-7:00pm		
239662	M L King SwC	4/22	W	9:30am-10:00am		
239663	M L King SwC	4/22	W	4:30pm-5:00pm		
239664	M L King SwC	4/22	W	5:50pm-6:20pm		
239665	M L King SwC	4/23	Th	5:10pm-5:40pm		
239666	M L King SwC	4/25	Sa	1:00pm-1:30pm		

MLK-Pre-School

Designed for children 3-5 years. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions						\$50
240166	M L King SwC	2/21	Sa	11:40am-12:10pm		
240167	M L King SwC	2/22	Su	12:00pm-12:30pm		
240168	M L King SwC	2/23	M	10:10am-10:40am		
240169	M L King SwC	2/23	M	5:10pm-5:40pm		
240170	M L King SwC	2/23	M	5:50pm-6:20pm		
240171	M L King SwC	2/24	Tu	6:30pm-7:00pm		
240172	M L King SwC	2/25	W	5:50pm-6:20pm		
240173	M L King SwC	2/26	Th	9:30am-10:00am		
240174	M L King SwC	4/19	Su	10:40am-11:10am		
240175	M L King SwC	4/19	Su	12:00pm-12:30pm		
240176	M L King SwC	4/20	M	9:30am-10:00am		
240177	M L King SwC	4/20	M	5:50pm-6:20pm		
240179	M L King SwC	4/21	Tu	5:10pm-5:40pm		
240180	M L King SwC	4/21	Tu	6:30pm-7:00pm		
240229	M L King SwC	4/22	W	5:10pm-5:40pm		
240230	M L King SwC	4/23	Th	5:50pm-6:20pm		
240231	M L King SwC	4/25	Sa	11:00am-11:30am		
240232	M L King SwC	4/25	Sa	11:40am-12:10pm		



Enjoy priceless moments with your child in our Waterbabies or Aquatots classes.

**MLK-Pre-Beginner-Level 1**

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

239679	M L King SwC	2/21	Sa	11:00am-11:30am
239680	M L King SwC	2/21	Sa	12:20pm-12:50pm
239681	M L King SwC	2/22	Su	10:40am-11:10am
239682	M L King SwC	2/22	Su	12:00pm-12:30pm
239683	M L King SwC	2/23	M	9:30am-10:00am
239684	M L King SwC	2/23	M	5:50pm-6:20pm
239685	M L King SwC	2/24	Tu	10:10am-10:40am
239686	M L King SwC	2/24	Tu	4:30pm-5:00pm
239687	M L King SwC	2/25	W	5:10pm-5:40pm
239688	M L King SwC	2/26	Th	4:30pm-5:00pm
239689	M L King SwC	2/26	Th	5:10pm-5:40pm
239690	M L King SwC	4/19	Su	10:00am-10:30am
239691	M L King SwC	4/19	Su	10:40am-11:10am
239692	M L King SwC	4/19	Su	11:20am-11:50am
239693	M L King SwC	4/19	Su	12:00pm-12:30pm
239694	M L King SwC	4/20	M	4:30pm-5:00pm
239695	M L King SwC	4/20	M	5:50pm-6:20pm
239696	M L King SwC	4/21	Tu	10:10am-10:40am
239697	M L King SwC	4/21	Tu	4:30pm-5:00pm
239729	M L King SwC	4/21	Tu	6:30pm-7:00pm
239730	M L King SwC	4/22	W	10:10am-10:40am
239731	M L King SwC	4/22	W	5:10pm-5:40pm
239732	M L King SwC	4/22	W	5:50pm-6:20pm
239733	M L King SwC	4/22	W	6:30pm-7:00pm
239734	M L King SwC	4/23	Th	6:30pm-7:00pm
239735	M L King SwC	4/25	Sa	11:40am-12:10pm
239736	M L King SwC	4/25	Sa	12:20pm-12:50pm
239737	M L King SwC	4/25	Sa	12:20pm-12:50pm
239738	M L King SwC	4/25	Sa	1:00pm-1:30pm

**MLK-Pre-Beginner-Level 2**

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57

239833	M L King SwC	2/21	Sa	11:00am-11:30am
239834	M L King SwC	2/21	Sa	11:40am-12:10pm
239835	M L King SwC	2/21	Sa	12:20pm-12:50pm
239836	M L King SwC	2/22	Su	10:00am-10:30am
239837	M L King SwC	2/22	Su	11:20am-11:50am
239838	M L King SwC	2/22	Su	12:00pm-12:30pm
239839	M L King SwC	2/23	M	4:30pm-5:00pm
239840	M L King SwC	2/23	M	5:10pm-5:40pm
239841	M L King SwC	2/24	Tu	5:10pm-5:40pm
239842	M L King SwC	2/24	Tu	5:50pm-6:20pm
239843	M L King SwC	2/25	W	10:10am-10:40am
239844	M L King SwC	2/25	W	5:50pm-6:20pm
239845	M L King SwC	2/26	Th	5:50pm-6:20pm
240111	M L King SwC	2/26	Th	6:30pm-7:00pm
240112	M L King SwC	4/19	Su	10:00am-10:30am
240113	M L King SwC	4/19	Su	12:00pm-12:30pm
240133	M L King SwC	4/19	Su	12:00pm-12:30pm
240134	M L King SwC	4/20	M	10:10am-10:40am
240135	M L King SwC	4/20	M	5:10pm-5:40pm
240136	M L King SwC	4/20	M	6:30pm-7:00pm
240137	M L King SwC	4/21	Tu	4:30pm-5:00pm
240138	M L King SwC	4/21	Tu	5:50pm-6:20pm
240139	M L King SwC	4/22	W	4:30pm-5:00pm
240140	M L King SwC	4/22	W	6:30pm-7:00pm
240141	M L King SwC	4/25	Sa	10:15am-10:45am
240142	M L King SwC	4/25	Sa	11:00am-11:30am
240143	M L King SwC	4/25	Sa	11:40am-12:10pm

MLK-Pre-Beginner-Level 3

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

240144	M L King SwC	2/21	Sa	10:15am-10:45am
240145	M L King SwC	2/21	Sa	1:00pm-1:30pm
240146	M L King SwC	2/22	Su	11:20am-11:50am
240147	M L King SwC	2/23	M	4:30pm-5:00pm
240148	M L King SwC	2/24	Tu	6:30pm-7:00pm
240149	M L King SwC	2/24	Tu	7:10pm-7:40pm
240150	M L King SwC	2/25	W	4:30pm-5:00pm
240154	M L King SwC	4/19	Su	10:40am-11:10am
240155	M L King SwC	4/20	M	4:30pm-5:00pm
240156	M L King SwC	4/21	Tu	5:10pm-5:40pm
240158	M L King SwC	4/23	Th	4:30pm-5:00pm
240159	M L King SwC	4/23	Th	5:50pm-6:20pm
240152	M L King SwC	4/25	Sa	10:15am-10:45am
240153	M L King SwC	4/25	Sa	12:20pm-12:50pm

RecWeb...
easy, fast, secure!
montgomerycountymd.gov/rec

MLK-Pre-Beginner-Level 4

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$57
240160	M L King SwC	2/22	Su	10:40am-11:10am
240161	M L King SwC	2/26	Th	4:30pm-5:00pm
240162	M L King SwC	2/26	Th	7:10pm-7:40pm
240164	M L King SwC	4/19	Su	11:20am-11:50am
240165	M L King SwC	4/23	Th	4:30pm-5:00pm
240163	M L King SwC	4/25	Sa	10:15am-10:45am

MLK-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$52
240242	M L King SwC	2/21	Sa	11:40am-12:10pm
240243	M L King SwC	2/22	Su	10:40am-11:10am
240244	M L King SwC	2/24	Tu	7:10pm-7:40pm
240245	M L King SwC	2/25	W	5:10pm-5:40pm
240246	M L King SwC	4/19	Su	10:40am-11:10am
240247	M L King SwC	4/21	Tu	7:10pm-7:40pm
240601	M L King SwC	4/21	Tu	7:50pm-8:20pm
240602	M L King SwC	4/23	Th	5:10pm-5:40pm
240603	M L King SwC	4/23	Th	7:10pm-7:40pm
240604	M L King SwC	4/25	Sa	11:00am-11:30am

MLK-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$52
240605	M L King SwC	2/21	Sa	11:00am-11:30pm
240606	M L King SwC	2/21	Sa	1:00pm-1:30pm
240607	M L King SwC	2/22	Su	12:00pm-12:30pm
240608	M L King SwC	2/26	Th	7:10pm-7:40pm
240610	M L King SwC	4/19	Su	11:20am-11:50am
240611	M L King SwC	4/21	Tu	7:10pm-7:40pm
240612	M L King SwC	4/23	Th	7:10pm-7:40pm
240613	M L King SwC	4/25	Sa	11:40am-12:10pm



MLK-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$50
240637	M L King SwC	2/21	Sa	10:15am-10:45am
240638	M L King SwC	2/21	Sa	11:40am-12:10pm
240639	M L King SwC	2/22	Su	11:20am-11:50am
240640	M L King SwC	2/26	Th	7:50pm-8:20pm
240653	M L King SwC	4/19	Su	11:20am-11:50am
240656	M L King SwC	4/23	Th	7:50pm-8:20pm
240665	M L King SwC	4/25	Sa	11:40am-12:10pm
240666	M L King SwC	4/25	Sa	1:00pm-1:30pm

MLK-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$50
240668	M L King SwC	2/21	Sa	12:20pm-12:50pm
240669	M L King SwC	2/22	Su	10:00am-10:30am
240670	M L King SwC	2/24	Tu	7:50pm-8:20pm
240671	M L King SwC	4/19	Su	12:00pm-12:30pm
240672	M L King SwC	4/25	Sa	10:15am-10:45am
240673	M L King SwC	4/25	Sa	12:20pm-12:50pm

MLK-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$50
240674	M L King SwC	2/21	Sa	12:20pm-12:50pm
240675	M L King SwC	2/22	Su	10:40am-11:10am
240676	M L King SwC	2/26	Th	7:50pm-8:20pm
240677	M L King SwC	4/19	Su	10:00am-10:30am
240678	M L King SwC	4/21	Tu	7:50pm-8:20pm
240696	M L King SwC	4/25	Sa	11:00am-11:30am
240698	M L King SwC	4/25	Sa	12:20pm-12:50pm



MLK-Youth-Level 6

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$50
240700	M L King SwC	2/21	Sa	1:00pm-1:30pm
240701	M L King SwC	2/24	Tu	7:50pm-8:20pm
240702	M L King SwC	4/19	Su	10:40am-11:10am
240710	M L King SwC	4/23	Th	7:50pm-8:20pm
240712	M L King SwC	4/25	Sa	1:00pm-1:30pm

MLK-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$59
239577	M L King SwC	2/21	Sa	10:15am-10:45am
239575	M L King SwC	2/23	M	8:30pm-9:00pm
239576	M L King SwC	2/24	Tu	8:30pm-9:00pm
239578	M L King SwC	4/20	M	8:30pm-9:00pm
239579	M L King SwC	4/21	Tu	8:30pm-9:00pm

MLK-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$57
239629	M L King SwC	2/22	Su	10:00am-10:30am
239630	M L King SwC	2/25	W	8:30pm-9:00pm
239631	M L King SwC	2/26	Th	8:30pm-9:00pm
239632	M L King SwC	4/19	Su	10:00am-10:30am
239633	M L King SwC	4/22	W	8:30pm-9:00pm
239634	M L King SwC	4/25	Sa	1:00pm-1:30pm

MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$57
239644	M L King SwC	2/21	Sa	11:00am-11:30am
239645	M L King SwC	2/24	Tu	8:30pm-9:00pm
239646	M L King SwC	4/21	Tu	8:30pm-9:00pm
239647	M L King SwC	4/25	Sa	11:00am-11:30am

MLK-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$57
239648	M L King SwC	2/26	Th	8:30pm-9:00pm
239649	M L King SwC	4/23	Th	8:30pm-9:00pm

**Montgomery Aquatic Center**

Phone: 240-777-8070

Registration begins on February 18. Swim lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the students abilities (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions for the first set of classes. Classes beginning in April meet for five 30-minute sessions. No classes April 6-12, and May 2-3, 2009.

See page 17 for registration information.

MAC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
236693	Montgomery AqC	2/21	Sa	10:20am-10:50am
236694	Montgomery AqC	2/21	Sa	11:40am-12:10pm
236695	Montgomery AqC	2/22	Su	9:40am-10:10am
236696	Montgomery AqC	2/22	Su	11:40am-12:10pm
236697	Montgomery AqC	2/23	M	9:00am-9:30am
236698	Montgomery AqC	2/26	Th	9:00am-9:30am
5 Sessions				\$42
236699	Montgomery AqC	4/4	Sa	10:20am-10:50am
236700	Montgomery AqC	4/4	Sa	11:40am-12:10pm
236701	Montgomery AqC	4/5	Su	9:40am-10:10am
236702	Montgomery AqC	4/5	Su	11:40am-12:10pm
236703	Montgomery AqC	4/13	M	9:00am-9:30am
236704	Montgomery AqC	4/16	Th	9:00am-9:30am

Finally...I can swim! The instructor was good and very patient. Now I'm comfortable and confident in the water.

MAC-Aquatots

Designed for children 18 months to 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

236549	Montgomery AqC	2/21	Sa	9:00am-9:30am
236550	Montgomery AqC	2/21	Sa	12:20pm-12:50pm
236551	Montgomery AqC	2/22	Su	9:00am-9:30am
236552	Montgomery AqC	2/22	Su	11:00am-11:30am
236553	Montgomery AqC	2/23	M	10:00am-10:30am
236554	Montgomery AqC	2/24	Tu	9:00am-9:30am
236555	Montgomery AqC	2/24	Tu	10:00am-10:30am
236556	Montgomery AqC	2/25	W	9:00am-9:30am
236557	Montgomery AqC	2/25	W	6:10pm-6:40pm
236558	Montgomery AqC	2/26	Th	10:00am-10:30am
236559	Montgomery AqC	2/26	Th	5:30pm-6:00pm
236560	Montgomery AqC	2/27	F	9:00am-9:30am

5 Sessions \$42

236561	Montgomery AqC	4/4	Sa	9:00am-9:30am
236562	Montgomery AqC	4/4	Sa	12:20pm-12:50pm
236563	Montgomery AqC	4/5	Su	11:00am-11:30am
236572	Montgomery AqC	4/5	Su	9:00am-9:30am
236564	Montgomery AqC	4/13	M	10:00am-10:30am
236565	Montgomery AqC	4/14	Tu	9:00am-9:30am
236566	Montgomery AqC	4/14	Tu	10:00am-10:30am
236567	Montgomery AqC	4/15	W	9:00am-9:30am
236568	Montgomery AqC	4/15	W	6:10pm-6:40pm
236569	Montgomery AqC	4/16	Th	10:00am-10:30am
236570	Montgomery AqC	4/16	Th	5:30pm-6:00pm
236571	Montgomery AqC	4/17	F	9:00am-9:30am



MAC-Pre-School

Designed for children 3-5 years. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

236679	Montgomery AqC	2/21	Sa	11:00am-11:30am
236680	Montgomery AqC	2/21	Sa	1:00pm-1:30pm
236681	Montgomery AqC	2/22	Su	10:20am-10:50am
236682	Montgomery AqC	2/22	Su	1:00pm-1:30pm
236683	Montgomery AqC	2/24	Tu	3:30pm-4:00pm
236684	Montgomery AqC	2/24	Tu	6:10pm-6:40pm
236685	Montgomery AqC	2/26	Th	9:30am-10:00am

5 Sessions \$42

236686	Montgomery AqC	4/4	Sa	11:00am-11:30am
236687	Montgomery AqC	4/4	Sa	1:00pm-1:30pm
236688	Montgomery AqC	4/5	Su	10:20am-10:50am
236689	Montgomery AqC	4/5	Su	1:00pm-1:30pm
236690	Montgomery AqC	4/14	Tu	3:30pm-4:00pm
236691	Montgomery AqC	4/14	Tu	6:10pm-6:40pm
236692	Montgomery AqC	4/16	Th	9:30am-10:00am

MAC-Pre-Beginner-Level 1

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

236581	Montgomery AqC	2/21	Sa	9:00am-9:30am
236582	Montgomery AqC	2/21	Sa	9:40am-10:10am
236583	Montgomery AqC	2/21	Sa	10:20am-10:50am
236584	Montgomery AqC	2/21	Sa	1:00pm-1:30pm
236585	Montgomery AqC	2/22	Su	9:00am-9:30am
236586	Montgomery AqC	2/22	Su	10:20am-10:50am
236587	Montgomery AqC	2/22	Su	12:20pm-12:50pm
236588	Montgomery AqC	2/22	Su	1:00pm-1:30pm
236589	Montgomery AqC	2/23	M	9:30am-10:00am
236590	Montgomery AqC	2/23	M	6:10pm-6:40pm
236591	Montgomery AqC	2/24	Tu	6:10pm-6:40pm
236592	Montgomery AqC	2/24	Tu	4:50pm-5:20pm
236594	Montgomery AqC	2/25	W	9:30am-10:00am
236593	Montgomery AqC	2/26	Th	3:30pm-4:00pm
236595	Montgomery AqC	2/26	Th	5:30pm-6:00pm
236596	Montgomery AqC	2/27	F	10:00am-10:30am

5 Sessions \$50

236597	Montgomery AqC	4/4	Sa	9:00am-9:30am
236598	Montgomery AqC	4/4	Sa	9:40am-10:10am
236599	Montgomery AqC	4/4	Sa	10:20am-10:50am
236600	Montgomery AqC	4/4	Sa	1:00pm-1:30pm
236601	Montgomery AqC	4/5	Su	9:00am-9:30am
236602	Montgomery AqC	4/5	Su	10:20am-10:50am
236603	Montgomery AqC	4/5	Su	12:20pm-12:50pm
236604	Montgomery AqC	4/5	Su	1:00pm-1:30pm
236605	Montgomery AqC	4/13	M	9:30am-10:00am
236606	Montgomery AqC	4/13	M	6:10pm-6:40pm
236607	Montgomery AqC	4/14	Tu	6:10pm-6:40pm
236608	Montgomery AqC	4/14	Tu	4:50pm-5:20pm
236610	Montgomery AqC	4/15	W	9:30am-10:00am
236609	Montgomery AqC	4/16	Th	3:30pm-4:00pm
236611	Montgomery AqC	4/16	Th	5:30pm-6:00pm
236612	Montgomery AqC	4/17	F	10:00am-10:30am



MAC-Pre-Beginner-Level 2

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57

236613	Montgomery AqC	2/21	Sa	9:00am-9:30am
236614	Montgomery AqC	2/21	Sa	9:40am-10:10am
236615	Montgomery AqC	2/21	Sa	11:40am-12:10pm
236616	Montgomery AqC	2/21	Sa	12:20pm-12:50pm
236617	Montgomery AqC	2/22	Su	9:00am-9:30am
236618	Montgomery AqC	2/22	Su	9:40am-10:10am
236619	Montgomery AqC	2/22	Su	11:40am-12:10pm
236620	Montgomery AqC	2/22	Su	12:20pm-12:50pm
236621	Montgomery AqC	2/23	M	5:30pm-6:00pm
236622	Montgomery AqC	2/24	Tu	9:30am-10:00am
236623	Montgomery AqC	2/24	Tu	5:30pm-6:00pm
236624	Montgomery AqC	2/25	W	5:30pm-6:00pm
236626	Montgomery AqC	2/26	Th	4:10pm-4:40pm
236625	Montgomery AqC	2/27	F	9:30am-10:00am

5 Sessions \$48

236627	Montgomery AqC	4/4	Sa	9:00am-9:30am
236628	Montgomery AqC	4/4	Sa	9:40am-10:10am
236629	Montgomery AqC	4/4	Sa	11:40am-12:10pm
236630	Montgomery AqC	4/4	Sa	12:20pm-12:50pm
236631	Montgomery AqC	4/5	Su	9:00am-9:30am
236632	Montgomery AqC	4/5	Su	9:40am-10:10am
236633	Montgomery AqC	4/5	Su	11:40am-12:10pm
236634	Montgomery AqC	4/5	Su	12:20pm-12:50pm
236635	Montgomery AqC	4/13	M	5:30pm-6:00pm
236636	Montgomery AqC	4/14	Tu	9:30am-10:00am
236637	Montgomery AqC	4/14	Tu	5:30pm-6:00pm
236638	Montgomery AqC	4/15	W	5:30pm-6:00pm
236640	Montgomery AqC	4/16	Th	4:10pm-4:40pm
236639	Montgomery AqC	4/17	F	9:30am-10:00am

MAC-Pre-Beginner-Level 3

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

236641	Montgomery AqC	2/21	Sa	11:00am-11:30am
236642	Montgomery AqC	2/21	Sa	11:40am-12:10pm
236643	Montgomery AqC	2/21	Sa	1:00pm-1:30pm
236644	Montgomery AqC	2/22	Su	9:40am-10:10am



236645	Montgomery AqC	2/22	Su	10:20am-10:50am
236646	Montgomery AqC	2/22	Su	11:00am-11:30am
236647	Montgomery AqC	2/22	Su	1:00pm-1:30pm
236648	Montgomery AqC	2/23	M	5:30pm-6:00pm
236649	Montgomery AqC	2/24	Tu	4:10pm-4:40pm
236650	Montgomery AqC	2/25	W	5:30pm-6:00pm
236651	Montgomery AqC	2/25	W	6:10pm-6:40pm
236653	Montgomery AqC	2/26	Th	6:10pm-6:40pm
236654	Montgomery AqC	2/26	Th	4:50pm-5:20pm
236652	Montgomery AqC	2/27	F	10:30am-11:00am

5 Sessions \$48

236655	Montgomery AqC	4/4	Sa	11:00am-11:30am
236656	Montgomery AqC	4/4	Sa	11:40am-12:10pm
236657	Montgomery AqC	4/4	Sa	1:00pm-1:30pm
236658	Montgomery AqC	4/5	Su	9:40am-10:10am
236659	Montgomery AqC	4/5	Su	10:20am-10:50am
236660	Montgomery AqC	4/5	Su	11:00am-11:30am
236661	Montgomery AqC	4/5	Su	1:00pm-1:30pm
236662	Montgomery AqC	4/13	M	5:30pm-6:00pm
236663	Montgomery AqC	4/14	Tu	4:10pm-4:40pm
236664	Montgomery AqC	4/15	W	5:30pm-6:00pm
236665	Montgomery AqC	4/15	W	6:10pm-6:40pm
236667	Montgomery AqC	4/16	Th	6:10pm-6:40pm
236668	Montgomery AqC	4/16	Th	4:50pm-5:20pm
236666	Montgomery AqC	4/17	F	10:30am-11:00am

MAC-Pre-Beginner-Level 4

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

236669	Montgomery AqC	2/21	Sa	11:00am-11:30am
236670	Montgomery AqC	2/21	Sa	12:20pm-12:50pm
236671	Montgomery AqC	2/22	Su	11:00am-11:30am
236672	Montgomery AqC	2/22	Su	11:40am-12:10pm
236673	Montgomery AqC	2/26	Th	6:10pm-6:40pm

5 Sessions \$48

236674	Montgomery AqC	4/4	Sa	11:00am-11:30am
236675	Montgomery AqC	4/4	Sa	12:20pm-12:50pm
236676	Montgomery AqC	4/5	Su	11:00am-11:30am
236677	Montgomery AqC	4/5	Su	11:40am-12:10pm
236678	Montgomery AqC	4/16	Th	6:10pm-6:40pm

MAC-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

236819	Montgomery AqC	2/21	Sa	1:00pm-1:30pm
236820	Montgomery AqC	2/22	Su	9:40am-10:10am
236821	Montgomery AqC	2/23	M	6:10pm-6:40pm

5 Sessions \$44

236822	Montgomery AqC	4/4	Sa	1:00pm-1:30pm
236823	Montgomery AqC	4/5	Su	9:40am-10:10am
236824	Montgomery AqC	4/13	M	6:10pm-6:40pm

MAC-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

236825	Montgomery AqC	2/21	Sa	10:20am-10:50am
236826	Montgomery AqC	2/21	Sa	12:20pm-12:50pm
236827	Montgomery AqC	2/22	Su	11:40am-12:10pm
236828	Montgomery AqC	2/22	Su	12:20pm-12:50pm
236829	Montgomery AqC	2/24	Tu	5:30pm-6:00pm

5 Sessions \$44

236830	Montgomery AqC	4/4	Sa	10:20am-10:50am
236831	Montgomery AqC	4/4	Sa	12:20pm-12:50pm
236832	Montgomery AqC	4/5	Su	11:40am-12:10pm
236833	Montgomery AqC	4/5	Su	12:20pm-12:50pm
236834	Montgomery AqC	4/14	Tu	5:30pm-6:00pm

MAC-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

236835	Montgomery AqC	2/21	Sa	9:40am-10:10am
236836	Montgomery AqC	2/21	Sa	11:00am-11:30am
236837	Montgomery AqC	2/21	Sa	11:40am-12:10pm
236838	Montgomery AqC	2/22	Su	10:20am-10:50am
236839	Montgomery AqC	2/22	Su	11:00am-11:30am

5 Sessions \$42

236840	Montgomery AqC	4/4	Sa	9:40am-10:10am
236841	Montgomery AqC	4/4	Sa	11:00am-11:30am
236842	Montgomery AqC	4/4	Sa	11:40am-12:10pm
236843	Montgomery AqC	4/5	Su	10:20am-10:50am
236844	Montgomery AqC	4/5	Su	11:00am-11:30am

MAC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

236845	Montgomery AqC	2/21	Sa	11:40am-12:10pm
236846	Montgomery AqC	2/22	Su	11:00am-11:30am
236847	Montgomery AqC	2/22	Su	12:20pm-12:50pm
236848	Montgomery AqC	2/22	Su	1:00pm-1:30pm

5 Sessions \$42

236849	Montgomery AqC	4/4	Sa	11:40am-12:10pm
236850	Montgomery AqC	4/5	Su	11:00am-11:30am

236851	Montgomery AqC	4/5	Su	12:20pm-12:50pm
236852	Montgomery AqC	4/5	Su	1:00pm-1:30pm

MAC-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

236853	Montgomery AqC	2/21	Sa	1:00pm-1:30pm
236854	Montgomery AqC	2/22	Su	1:00pm-1:30pm

5 Sessions \$42

236855	Montgomery AqC	4/4	Sa	1:00pm-1:30pm
236856	Montgomery AqC	4/5	Su	1:00pm-1:30pm

MAC-Youth-Level 6

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

236857	Montgomery AqC	2/21	Sa	12:20pm-12:50pm
236858	Montgomery AqC	2/22	Su	12:20pm-12:50pm

5 Sessions \$42

236859	Montgomery AqC	4/4	Sa	12:20pm-12:50pm
236860	Montgomery AqC	4/5	Su	12:20pm-12:50pm

MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

236530	Montgomery AqC	2/21	Sa	11:00am-11:30am
236531	Montgomery AqC	2/22	Su	10:20am-10:50am
236529	Montgomery AqC	2/26	Th	8:30pm-9:00pm

5 Sessions \$49

236533	Montgomery AqC	4/4	Sa	11:00am-11:30am
236534	Montgomery AqC	4/5	Su	10:20am-10:50am
236532	Montgomery AqC	4/16	Th	8:30pm-9:00pm

MAC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

236535	Montgomery AqC	2/21	Sa	10:20am-10:50am
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5 Sessions \$48

236536	Montgomery AqC	4/4	Sa	10:20am-10:50am
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MAC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

236537 Montgomery AqC 2/21 Sa 9:40am-10:10am

5 Sessions \$48

236538 Montgomery AqC 4/4 Sa 9:40am-10:10am

MAC-Adult-Level 4

Designed for teens and adults (14 & older) who can already swim a coordinated front and back crawl for 15 yards (across width of pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

236539 Montgomery AqC 2/22 Su 11:40am-12:10pm

236540 Montgomery AqC 2/24 Tu 8:30pm-9:00pm

5 Sessions \$48

236541 Montgomery AqC 4/5 Su 11:40am-12:10pm

236542 Montgomery AqC 4/14 Tu 8:30pm-9:00pm

MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

236543 Montgomery AqC 2/25 W 8:30pm-9:00pm

5 Sessions \$48

236544 Montgomery AqC 4/15 W 8:30pm-9:00pm

MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students.

6 Sessions \$57

236545 Montgomery AqC 2/23 M 8:30pm-9:00pm

5 Sessions \$48

236546 Montgomery AqC 4/13 M 8:30pm-9:00pm

MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

236547 Montgomery AqC 2/23 M 8:30pm-9:00pm

5 Sessions \$48

236548 Montgomery AqC 4/13 M 8:30pm-9:00pm

MAC-Adapted Aquatics

This is a learn-to-swim program for children ages 4-15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions \$55

236525 Montgomery AqC 2/21 Sa 9:45am-10:25am

236526 Montgomery AqC 2/21 Sa 10:35am-11:15am

5 Sessions \$46

236527 Montgomery AqC 4/4 Sa 10:35am-11:15am

236528 Montgomery AqC 4/4 Sa 9:45am-10:25am

Olney Swim Center

Phone: 301-570-1210

Registration begins February 18. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. No classes March 14-15, April 6-12, and May 23-25, 2009.

See page 17 for registration information.

OSC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

240408 Olney SwC 2/21 Sa 10:50am-11:20am

240409 Olney SwC 2/22 Su 10:50am-11:20am

240413 Olney SwC 4/14 Tu 10:15am-10:45am

240411 Olney SwC 4/18 Sa 10:50am-11:20am

240412 Olney SwC 4/19 Su 10:50am-11:20am

OSC-Aquatots

For children 18 months-3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size limited to 10 parent/child registrations.

6 Sessions \$50

240265 Olney SwC 2/21 Sa 10:10am-10:40am

240266 Olney SwC 2/21 Sa 11:30am-12:00pm

240267 Olney SwC 2/22 Su 11:30am-12:00pm

240272 Olney SwC 2/23 M, W 6:25pm-6:55pm

240269 Olney SwC 2/24 Tu 5:55pm-6:25pm

240271 Olney SwC 2/26 Th 6:30pm-7:00pm

240279 Olney SwC 3/23 M, W 6:25pm-6:55pm

244736 Olney SwC 4/14 Tu 9:40am-10:10am

240277 Olney SwC 4/14 Tu 5:55pm-6:25pm

240273 Olney SwC 4/18 Sa 10:10am-10:40am

244737 Olney SwC 4/16 Th 10:15am-10:45am

240274 Olney SwC 4/19 Su 10:10am-10:40am

240275 Olney SwC 4/19 Su 11:30am-12:00pm

It's never too late to learn how to swim... we offer lessons for all age groups.



OSC-Pre-School

Designed for children 3-5 years. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
240394	Olney SwC	2/21	Sa	9:30am-10:00am
240395	Olney SwC	2/21	Sa	12:50pm-1:20pm
240396	Olney SwC	2/22	Su	9:30am-10:00am
240397	Olney SwC	2/22	Su	10:10am-10:40am
240398	Olney SwC	2/24	Tu	6:30pm-7:00pm
240400	Olney SwC	2/26	Th	5:55pm-6:25pm
240404	Olney SwC	4/14	Tu	6:30pm-7:00pm
240405	Olney SwC	4/16	Th	9:40am-10:10am
240406	Olney SwC	4/16	Th	5:55pm-6:25pm
240401	Olney SwC	4/18	Sa	9:30am-10:00am
240402	Olney SwC	4/18	Sa	12:10pm-12:40pm
240403	Olney SwC	4/19	Su	9:30am-10:00am
240407	Olney SwC	4/27	M, W	6:25pm-6:55pm

OSC-Pre-Beginner-Level 1

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
240280	Olney SwC	2/21	Sa	9:30am-10:00am
240281	Olney SwC	2/21	Sa	10:10am-10:40am
240282	Olney SwC	2/21	Sa	10:50am-11:20am
240283	Olney SwC	2/21	Sa	11:30am-12:00pm
240284	Olney SwC	2/21	Sa	11:30am-12:00pm
240285	Olney SwC	2/21	Sa	12:10pm-12:40pm
240286	Olney SwC	2/21	Sa	12:10pm-12:40pm
240287	Olney SwC	2/21	Sa	12:50pm-1:20pm
240288	Olney SwC	2/22	Su	9:30am-10:00am
240289	Olney SwC	2/22	Su	9:30am-10:00am
240290	Olney SwC	2/22	Su	10:10am-10:40am
240291	Olney SwC	2/22	Su	10:50am-11:20am
240292	Olney SwC	2/22	Su	10:50am-11:20am
240293	Olney SwC	2/22	Su	11:30am-12:00pm
240294	Olney SwC	2/22	Su	11:30am-12:00pm
240299	Olney SwC	2/23	M, W	6:25pm-6:55pm
240300	Olney SwC	2/23	M, W	6:25pm-6:55pm
240301	Olney SwC	2/23	M, W	7:05pm-7:35pm
240295	Olney SwC	2/24	Tu	5:55pm-6:25pm
240296	Olney SwC	2/24	Tu	6:30pm-7:00pm
240297	Olney SwC	2/26	Th	5:55pm-6:25pm
240298	Olney SwC	2/26	Th	6:30pm-7:00pm
240324	Olney SwC	3/23	M, W	6:25pm-6:55pm
240317	Olney SwC	4/14	Tu	5:55pm-6:25pm
240318	Olney SwC	4/14	Tu	5:55pm-6:25pm
240319	Olney SwC	4/14	Tu	6:30pm-7:00pm
240320	Olney SwC	4/16	Th	5:55pm-6:25pm
240321	Olney SwC	4/16	Th	5:55pm-6:25pm
240322	Olney SwC	4/16	Th	6:30pm-7:00pm
240323	Olney SwC	4/16	Th	6:30pm-7:00pm
240302	Olney SwC	4/18	Sa	9:30am-10:00am
240303	Olney SwC	4/18	Sa	10:10am-10:40am
240304	Olney SwC	4/18	Sa	10:50am-11:20am
240305	Olney SwC	4/18	Sa	10:50am-11:20am
240306	Olney SwC	4/18	Sa	11:30am-12:00pm
240307	Olney SwC	4/18	Sa	12:10pm-12:40pm
240308	Olney SwC	4/18	Sa	12:50pm-1:20pm



240309	Olney SwC	4/18	Sa	12:50pm-1:20pm
240310	Olney SwC	4/19	Su	9:30am-10:00am
240311	Olney SwC	4/19	Su	10:10am-10:40am
240312	Olney SwC	4/19	Su	10:10am-10:40am
240313	Olney SwC	4/19	Su	10:50am-11:20am
240314	Olney SwC	4/19	Su	10:50am-11:20am
240315	Olney SwC	4/19	Su	11:30am-12:00pm
240316	Olney SwC	4/19	Su	11:30am-12:00pm
240325	Olney SwC	4/27	M, W	6:25pm-6:55pm
240326	Olney SwC	4/27	M, W	7:05pm-7:35pm
240327	Olney SwC	4/27	M, W	6:25pm-6:55pm
240328	Olney SwC	4/27	M, W	7:05pm-7:35pm

OSC-Pre-Beginner-Level 2

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
240329	Olney SwC	2/21	Sa	9:30am-10:10am
240330	Olney SwC	2/21	Sa	10:10am-10:40am
240331	Olney SwC	2/21	Sa	10:50am-11:20am
240332	Olney SwC	2/21	Sa	11:30am-12:00pm
240333	Olney SwC	2/21	Sa	12:50pm-1:20pm
240334	Olney SwC	2/21	Sa	12:50pm-1:20pm
240335	Olney SwC	2/22	Su	9:30am-10:00am
240336	Olney SwC	2/22	Su	10:10am-10:40am
240337	Olney SwC	2/22	Su	10:50am-11:20am
240338	Olney SwC	2/22	Su	11:30am-12:00pm
240339	Olney SwC	2/22	Su	11:30am-12:00pm
240344	Olney SwC	2/23	M, W	6:25pm-6:55pm
240345	Olney SwC	2/23	M, W	6:25pm-6:55pm
240346	Olney SwC	2/23	M, W	7:05pm-7:35pm
240340	Olney SwC	2/24	Tu	5:55pm-6:25pm
240341	Olney SwC	2/24	Tu	6:30pm-7:00pm
240342	Olney SwC	2/26	Th	5:55pm-6:25pm
240343	Olney SwC	2/26	Th	6:30pm-7:00pm
240363	Olney SwC	3/23	M, W	6:25pm-6:55pm
240364	Olney SwC	3/23	M, W	6:25pm-6:55pm
240365	Olney SwC	3/23	M, W	7:05pm-7:35pm
240359	Olney SwC	4/14	Tu	5:55pm-6:25pm
240360	Olney SwC	4/14	Tu	6:30pm-7:00pm
240361	Olney SwC	4/16	Th	5:55pm-6:25pm
240362	Olney SwC	4/16	Th	6:30pm-7:00pm
240347	Olney SwC	4/18	Sa	9:30am-10:00am
240348	Olney SwC	4/18	Sa	10:10am-10:40am



240349	Olney SwC	4/18	Sa	11:30am-12:00pm
240350	Olney SwC	4/18	Sa	12:10pm-12:40pm
240351	Olney SwC	4/18	Sa	12:50pm-1:20pm
240352	Olney SwC	4/18	Sa	12:50pm-1:20pm
240353	Olney SwC	4/19	Su	9:30am-10:00am
240354	Olney SwC	4/19	Su	10:10am-10:40am
240355	Olney SwC	4/19	Su	10:10am-10:40am
240356	Olney SwC	4/19	Su	10:50am-11:20am
240357	Olney SwC	4/19	Su	11:30am-12:00pm
240358	Olney SwC	4/19	Su	11:30am-12:00pm
240366	Olney SwC	4/27	M, W	6:25pm-6:55pm
240367	Olney SwC	4/27	M, W	6:25pm-6:55pm
240368	Olney SwC	4/27	M, W	7:05pm-7:35pm
240369	Olney SwC	4/27	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 3

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

240370	Olney SwC	2/21	Sa	9:30am-10:00am
240371	Olney SwC	2/21	Sa	10:10am-10:40am
240372	Olney SwC	2/21	Sa	11:30am-12:00pm
240373	Olney SwC	2/21	Sa	12:10pm-12:40pm
240374	Olney SwC	2/22	Su	9:30am-10:00am
240375	Olney SwC	2/22	Su	10:10am-10:40am
240376	Olney SwC	2/23	M, W	7:05pm-7:35pm
240377	Olney SwC	2/23	M, W	7:45pm-8:15pm
240384	Olney SwC	3/23	M, W	7:05pm-7:35pm
240385	Olney SwC	3/23	M, W	7:45pm-8:15pm
240378	Olney SwC	4/18	Sa	9:30am-10:00am
240379	Olney SwC	4/18	Sa	10:10am-10:40am
240380	Olney SwC	4/18	Sa	11:30am-12:00pm
240381	Olney SwC	4/19	Su	9:30am-10:00am
240382	Olney SwC	4/19	Su	10:10am-10:40am
240383	Olney SwC	4/19	Su	10:50am-11:20am
240386	Olney SwC	4/27	M, W	7:05pm-7:35pm
240387	Olney SwC	4/27	M, W	7:45pm-8:15pm

OSC-Pre-Beginner-Level 4

Designed for children 4-6 years. Parents DO NOT accompany children. For students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

240388	Olney SwC	2/21	Sa	12:10pm-12:40pm
240389	Olney SwC	2/22	Su	10:50am-11:20am
240390	Olney SwC	2/23	M, W	7:45pm-8:15pm
240393	Olney SwC	3/23	M, W	7:45pm-8:15pm
240391	Olney SwC	4/18	Sa	12:10pm-12:40pm
240392	Olney SwC	4/19	Su	9:30am-10:00am

OSC-Youth-Level 1

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

240414	Olney SwC	2/21	Sa	9:30am-10:00am
240415	Olney SwC	2/22	Su	10:10am-10:40am
240416	Olney SwC	2/23	M, W	7:45pm-8:15pm
240419	Olney SwC	3/23	M, W	7:45pm-8:15pm
240418	Olney SwC	4/14	Tu	6:30pm-7:00pm
240417	Olney SwC	4/18	Sa	9:30am-10:00am
240421	Olney SwC	4/18	Sa	10:00am-10:30am
240420	Olney SwC	4/27	M, W	6:25pm-6:55pm

OSC-Youth-Level 2

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

240422	Olney SwC	2/21	Sa	10:50am-11:20am
240423	Olney SwC	2/21	Sa	12:50pm-1:20pm
240424	Olney SwC	2/22	Su	9:30am-10:00am
240425	Olney SwC	2/22	Su	10:10am-10:40am
240426	Olney SwC	2/23	M, W	7:45pm-8:15pm
240431	Olney SwC	3/23	M, W	7:45pm-8:15pm
240430	Olney SwC	4/16	Th	6:30pm-7:00pm
240427	Olney SwC	4/18	Sa	10:10am-10:40am
240428	Olney SwC	4/18	Sa	10:50am-11:20am
240429	Olney SwC	4/19	Su	9:30am-10:00am
240432	Olney SwC	4/27	M, W	7:05pm-7:35pm

OSC-Youth-Level 3

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

240433	Olney SwC	2/21	Sa	10:10am-10:40am
240434	Olney SwC	2/21	Sa	10:50am-11:20am
240435	Olney SwC	2/22	Su	10:10am-10:40am
240436	Olney SwC	2/22	Su	11:30am-12:00pm
240437	Olney SwC	2/23	M, W	7:05pm-7:35pm
240442	Olney SwC	3/23	M, W	7:05pm-7:35pm
240438	Olney SwC	4/18	Sa	10:10am-10:40am
240439	Olney SwC	4/18	Sa	11:30am-12:00pm
240440	Olney SwC	4/19	Su	10:10am-10:40am
240441	Olney SwC	4/19	Su	10:50am-11:20am
240443	Olney SwC	4/27	M, W	7:45pm-8:15pm





OSC-Youth-Level 4

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$50
240444	Olney SwC	2/21	Sa	10:50am-11:20am
240445	Olney SwC	2/21	Sa	11:30am-12:00pm
240446	Olney SwC	2/22	Su	10:50am-11:20am
240447	Olney SwC	2/23	M, W	7:05pm-7:35pm
240451	Olney SwC	3/23	M, W	7:05pm-7:35pm
240448	Olney SwC	4/18	Sa	11:30am-12:00pm
240449	Olney SwC	4/18	Sa	12:10pm-12:40pm
240450	Olney SwC	4/19	Su	10:50am-11:20am
240452	Olney SwC	4/27	M, W	7:05pm-7:35pm

OSC-Youth-Level 5

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$50
240453	Olney SwC	2/21	Sa	12:10pm-12:40pm
240454	Olney SwC	2/22	Su	10:50am-11:20am
240455	Olney SwC	2/23	M, W	7:45pm-8:15pm
240459	Olney SwC	3/23	M, W	7:45pm-8:15pm
240456	Olney SwC	4/18	Sa	12:10pm-12:40pm
240457	Olney SwC	4/18	Sa	12:50pm-1:20pm
240458	Olney SwC	4/19	Su	11:30am-12:00pm
240460	Olney SwC	4/27	M, W	7:45pm-8:15pm

OSC-Youth-Level 6

Designed for children at least 6 years old. Primarily taught in the Main Pool (3½ ft and deeper), this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$50
240461	Olney SwC	2/21	Sa	12:10pm-12:40pm
240462	Olney SwC	2/22	Su	11:30am-12:00pm
240463	Olney SwC	4/18	Sa	12:50pm-1:20pm
240464	Olney SwC	4/19	Su	11:30am-12:00pm

OSC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$59
240248	Olney SwC	2/21	Sa	10:50am-11:20am
240249	Olney SwC	4/18	Sa	10:50am-11:20am
240251	Olney SwC	4/27	M, W	7:45pm-8:15pm
240250	Olney SwC	4/16	Th	7:10pm-7:40pm

OSC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$57
240252	Olney SwC	2/21	Sa	11:30am-12:00pm
240253	Olney SwC	2/24	Tu	7:10pm-7:40pm
240254	Olney SwC	4/18	Sa	11:30am-12:00pm
240255	Olney SwC	4/14	Tu	7:45pm-8:15pm

OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$57
240256	Olney SwC	2/21	Sa	12:10pm-12:40pm
240257	Olney SwC	2/26	Th	7:10pm-7:40pm
240258	Olney SwC	4/18	Sa	12:10pm-12:40pm
240259	Olney SwC	4/14	Tu	7:10pm-7:40pm

OSC-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$57
240260	Olney SwC	2/21	Sa	1:20pm-1:50pm
240261	Olney SwC	2/26	Th	7:45pm-8:15pm
240263	Olney SwC	4/16	Th	7:45pm-8:15pm
240262	Olney SwC	4/18	Sa	1:20pm-1:50pm

OSC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$57
240264	Olney SwC	2/24	Tu	7:45pm-8:15pm

New Phone Numbers:

Montgomery Aquatic Center 240-777-8070

Martin Luther King, Jr. Swim Center 240-777-8060

TEEN

In
Charge

Regional Teen Activities

Teen Clubs Offer Day Trips and Outings for Middle and High School Students

Sponsored at most public middle and some high schools, teen clubs offer organized trips and special outings for club members.

Recreation Centers host Friday night "After Hours" fun for Middle School Students

What teen doesn't want to "Hang Out" on a Friday night? After Hours programs for middle school students are a great place to spend time with your friends, while enjoying fun activities such as sports, video games, arts and crafts, and special events.



Get Ready for Summer!

Leadership Challenge/Career Quest



Career Quest

Explore careers and social issues! Participants will take field trips and perform service projects centered on a professional and service theme. Session I explores careers in culinary careers and the issue of hunger. Session II focuses on media and the arts.

Loiederman Middle School
12701 Goodhill RD
Silver Spring, MD 20906

240948	6/29-7/2	9:00am-4:30pm	\$65
240950	7/13-7/17	9:00am-4:30pm	\$75

Leadership Challenge

Are you ready for the Leadership Challenge? Participants will learn leadership skills while performing service projects to promote conflict resolution and violence prevention (Session I) and Intergenerational Relationships (Session II).

Please note that program themes are subject to change. Call 240-777-6985 for updated information.

Loiederman Middle School
12701 Goodhill RD
Silver Spring, MD 20906

240949	7/6-7/10	9:00am-4:30pm	\$75
240951	7/20-7/24	9:00am-4:30pm	\$75



High School Sports Academies

Here's your chance to be a part of a group of
TEENS IN CHARGE!



Join your friends at Blair, Einstein, Paint Branch, Seneca Valley, Springbrook, or Wheaton, as we play basketball, soccer, lift weights and more. Homework help and special programs for girls are also available. Enjoy special events, pizza, games and prizes.



Teens In Charge

Under-21 Special Events

**Exciting activities are
being planned**

Good, good, good, good vibrations are what you'll experience as you join us for our Under 21 Teen Events. Coffee Houses, Poetry slams, and movie nights are just a few of the exciting activities being offered.

For more information, call the
Teen Team office at 240-777-6985.

Click
for more
fun!

montgomerycountymd.gov/rec

Go to Programs, then Teens

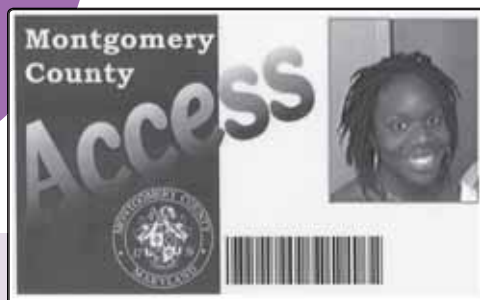
More info on how you can be part of
these exciting activities. The latest news
about upcoming activities. Registration
forms, surveys, and more!

Or call the Teen Team
at 240-777-6985.



RecExtra...for middle schools

Not ready for the day to end? Need a little more time with your friends? RecExtra after school activities are the perfect answer. Join the fun with activities like scrap booking, sports, arts, step dance and techno games. Talk to your After-School Activities Coordinator or call the Teen Team for more information.



I've got mine

Do you have your ACCESS Card, yet? You will need an ACCESS Card to participate in all these great teen programs. You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes—fill out a form (parental signature required), take it to any Recreation facility, get your picture taken, and your photo card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to
www.montgomerycountymd.gov/rec

Teens in the Community

Silver Spring Region:

Long Branch Community Center 301-431-5702

Open Gym Hours: Mon-Fri 2:30-6:00pm

Gwendolyn Coffield Community Center 240-777-4900

Open Gym Hours: Mon-Fri 2:30-6:00,

Sat 10:00-2:00pm & 4:00-6:00pm,

Sun 12:00-5:00pm

Mid-County Region:

Bauer Drive Community Center 301-468-4015

Open Gym Hours: Mon-Fri 2:30-6:00pm,

Sat 9:00-5:00pm & Sun 12:00-6:00pm

Wheaton Community Center 301-929-5500

Open Gym Hours: Mon-Thurs 2:30-6:00pm,

Sat 10:00-5:00pm

UpCounty Region:

Germantown Community Center 301-601-1680

Open Gym Hours: Mon-Thurs 2:30-5:00pm,

Fri 2:30-5:00pm, Sat 10:00-5:00pm, Sun. 12:00-5:00pm

Plum Gar Community Center 240-777-4919

Open Gym Hours: Mon-Fri 2:30-6:00pm, Sat 9:00-6:00pm

Contact the community centers directly for information regarding center based TEEN activities.



Trips

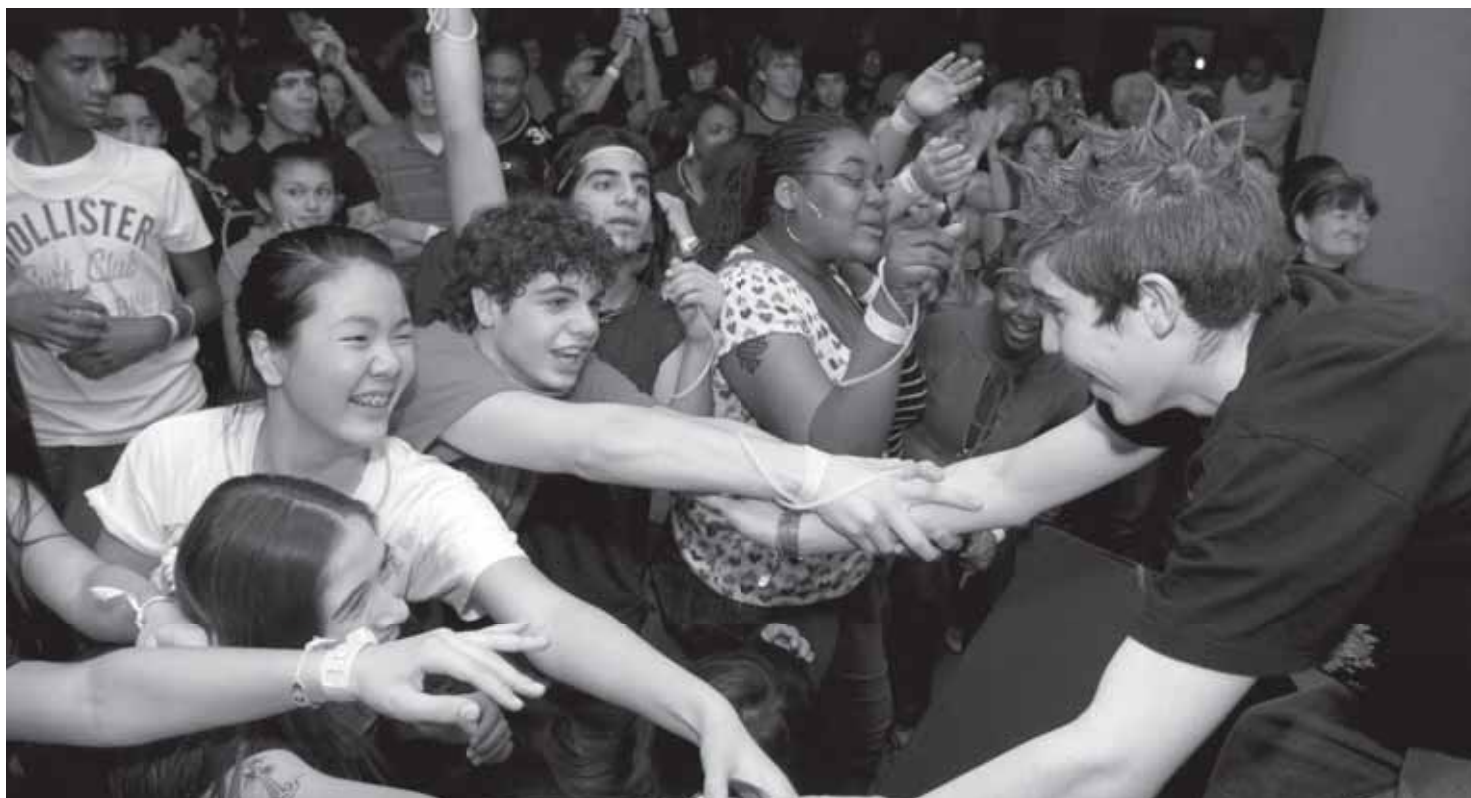
Games

Special Events

Tournaments

Dances

Homework Help



Battle of the Bands: March 21, 2009.

CLASSES

*Learn it...**Love it...**Live it...*

Spring, A New -ginning...

Quality Instruction at Affordable Costs

Programs are tailored to age and ability by independent contractors



-ing Fit

U.K Elite Petite Soccer (Ages 3-4)

F.A.S.T. (Ages 4-8)

Brain, Body Enhancement
(Ages 3-5 & 5-12)

L.I.A. Powerhouse (Ages 18&Up)

The Labyrinth (Ages 18&Up)

Power Yoga (Ages 16&Up)



-ing Your Best

Me Too (Ages 2-4)

Overcoming Stage Fright -
Making Auditions Fun
(Ages 12&Up)

Group Piano (Ages 18&Up)

Pom Dancing (Ages 5-10)

Flamenco (Ages 5-11)

Break Dancing (Ages 6-10)

Laughter Yoga (Ages 4-8)

Dining & Etiquette for Adults
(Ages 16&Up)

-ing Creative

Abrakadoodle Doodlers

(Ages 1½-6)

Little Linguists goes to Spain
(Ages 4-8)

Draw & Paint w/CREATE (Ages 6-8)

Drawing Gardens with Kritt
(Ages 18&Up)

Pottery 1-2-3 (Ages 12&Up)

Floral Designs (Ages 16&Up)



Look for new Spring Classes just for Baby Boomers (Ages 43-63) on page 78.

Find more in our class listings, beginning on the next page. 

Spring Closing Schedule

For cancellation policy, see page 142.

Classes will not meet.

(excludes Aquatics classes and School Break Programs)

March							April							May							June						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
														31													

Spring Break Programs

Club Holiday

Ages 3-12: Your Cruise Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to chat and visit with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information go to www.ctikids.com.

5 Sessions \$106

Instructor: CTI Kids-Coach Doug

243073 Potomac CC 4/6 M-F 9:30am-12:30pm

243075 Germantown CC 4/6 M-F 9:30am-12:30pm

5 Sessions \$169

243074 Potomac CC 4/6 M-F 9:30am-3:30pm

243076 Germantown CC 4/6 M-F 9:30am-3:30pm

Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to ctikids.com.

5 Sessions \$26

Instructor: CTI Kids-Coach Doug

243077 Potomac CC 4/6 M-F 7:30am-9:30am

243079 Germantown CC 4/6 M-F 7:30am-9:30am

5 Sessions \$32

243078 Potomac CC 4/6 M-F 3:30pm-6:00pm

243080 Germantown CC 4/6 M-F 3:30pm-6:00pm

MD Sports Pro Star Sports Camp

Ages 6-14: This MD Sports camp program is creative and fun. Participants learn and play a variety of sports, including basketball and tennis. Great for all skill levels and ages. Learn new skills; improve agility, hand to eye coordination and overall athletic ability. A great way to introduce cross training.

4 Sessions \$192

Instructor: Jazz Perazic's MD Sports

243940 Tilden MS 4/6 M-Th 9:00am-4:00pm

243943 Parks, Rosa MS 4/6 M-Th 9:00am-4:00pm



Horseback Riding: Spring Break Camp

Ages 7-14: We are pleased to offer our popular horseback riding camp during spring break for children. All levels and abilities are welcomed. The children will begin each day with balance and coordination exercises. They will groom, ride, watch educational videos, plus much more. It's a week FULL of horse fun!

5 Sessions \$350

Instructor: Camp Olympia

241648 Camp Olympia 4/13 M-F 9:00am-3:00pm

Horseback Riding: Spring Break Mini Day Camp

Ages 7-14: This program, for all levels and abilities, gives a full day opportunity for a mini-camp offering. This is a perfect opportunity if your child is interested in the summer camp program but has never attended a horseback riding program before. The program begins with balance and coordination activities. Campers will groom the horses, ride, watch educational videos, plus much more.

1 Session \$75

Instructor: Camp Olympia

241646 Camp Olympia 4/13 M 9:00am-3:00pm

Arts & Crafts for Youth & Families

All art classes are taught by professional artists. Read class descriptions for required material information. Teens may meet the age requirements for *Arts & Crafts for Adults*. Adults may register if age appropriate for some classes.

Youth Arts

Draw & Clay

Ages 4-10:

4 Sessions \$38

Instructor: Yolanda Prinsloo

Animal Art: Study animals in the Serengeti, marine animals, dinosaurs and more! Different animals each session. \$10 material fee due to instructor at first class.

242381 Bauer Drive CC 4/15 W 5:00pm-6:00pm

Vehicle Fun: Discover how the different parts and shapes of helicopters, airplanes, ships, boats, cars and trucks are put together. Then draw and build with clay. Different vehicles each class. \$10 material fee due to instructor at class.

242382 Bauer Drive CC 5/13 W 5:00pm-6:00pm

Little Linguists goes to Spain!

Ages 4-8: ¡Ole! Join us as we explore wonderful Spain while speaking in Spanish! This class is entirely conducted in Spanish as you explore the beauty of Spain through music, art, culture, games, literature and so much more. Enjoy a different art project each week and flamenco dancing. ¡Vamos Amigos! \$10 material fee due to instructor at class.

6 Sessions \$50

Instructor: Sandra Aresta

242189 Potomac CC 4/22 W 4:15pm-5:00pm

242190 Germantown CC 4/24 F 4:15pm-5:00pm

242193 Leland CC 4/24 F 4:15pm-5:00pm

RecWeb...easy, fast, secure!

montgomerycountymd.gov/rec



NEW Little Linguists goes to China!

Ages 4-8: Join us as we explore ancient China while speaking in Mandarin! This class is entirely conducted in Mandarin as you explore the beauty and mystery of China through music, art, culture, games, literature and so much more. Enjoy a different art project each week and a Chinese New Year Celebration! \$10 material fee due to instructor on the first day of class.

6 Sessions **\$50**

Instructor: Sandra Aresta
244130 Bauer Drive CC 4/22 W 4:00pm-4:45pm

NEW Little Linguists goes to France!

Ages 4-8: Bonjour! Join us as we explore exciting France while speaking in French! This class is entirely conducted in French as you explore the beauty of France through music, art, culture, games, literature and so much more. Enjoy a different art project each week related to themes covered in class. Allons y! \$10 material fee due to instructor on the first day of class.

6 Sessions **\$50**

Instructor: Sandra Aresta
242330 Leland CC 4/23 Th 4:15pm-5:00pm

Art in the Park All Year Long!

All the fun you had in Art in the Park Summer Camp now offered all year long. Learn about great nature artists from around the world and explore different types of mediums to make art based on our natural environment; animals, plants, recycling and more. Enjoy using different materials including pastels, paper, recycled materials, beads, feathers, shells, pebbles and so much more. \$10 material fee due to instructor at first class.

6 Sessions **\$50**

Instructor: Sandra Aresta

Ages 4-8:

242284 Leland CC 4/29 W 4:15pm-5:00pm

Ages 7-12:

242282 Norwood LP (BCC) 4/21 Tu 4:15pm-5:00pm

242283 Leland CC 4/25 Sa 11:30am-12:15pm

Sunday Studio w/CREATE

Ages 4-6: Have fun and try something different! Explore pottery, painting, sculpture and other media. \$5 material fee due instructor at class, Warning-this class fills quickly!

8 Sessions **\$65**

Instructor: Create Arts Center

241633 Create Arts Center 4/19 Su 10:00am-11:00am

241634 Create Arts Center 4/19 Su 11:30am-12:30pm

Painting with Watercolors

Easy instructions to help you loosen up to learn the ins and outs of putting paint on paper. Easy to follow instructions. Lots of demonstrations to show you how paintings come together. Call 240-777-6870 to obtain the material list.

7 Sessions **\$70**

Ages 5-10:

Instructor: Pyper H. Dixon

243363 East County CC 4/25 Sa 2:00pm-3:15pm

Ages 9-12:

Instructor: B J Asher

243364 Bauer Drive CC 4/20 M 5:00pm-6:15pm

243365 Wheaton CC 4/23 Th 5:00pm-6:15pm

Drawing Made Easy

Ages 5-10: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Tuesdays are an intermediate/advanced class for students who have more experience and have been recommended by the instructor.

7 Sessions **\$55**

Instructor: Pyper H. Dixon

243372 Damascus CRC 4/16 Th 6:30pm-7:30pm

243373 East County CC 4/18 Sa 1:00pm-2:00pm

243484 Germantown CC 4/20 M 6:30pm-7:30pm

Intermediate:

243531 Damascus CRC 4/21 Tu 6:30pm-7:30pm

Let's Paint Acrylics

Ages 5-10: Learn how to mix, blend and have tons of fun using acrylic paints. You will paint to form dimension and depth. \$10 material fee due to instructor at class.

7 Sessions **\$80**

Instructor: Pyper H. Dixon

244410 East County CC 4/18 Sa 3:30pm-5:00pm

Drawsters with Abrakadoodle®

Ages 6-12: Drawing Upon Imagination! Take drawing to a whole new level by incorporating drawing into the creative process. Through Abrakadoodle's unique program, learn contour drawing, patterning, font design, cartooning and build confidence and creativity while exploring fun and interesting artists and artist's styles. This is not about copying the teacher's drawing, but rather learning skills and using your own unique imagination to create art! Create additional work with painting on canvas using acrylics. \$18 Material fee due to instructor at first class.

6 Sessions **\$72**

Instructor: Abrakadoodle®

241643 Leland CC 4/20 M 5:30pm-6:45pm

241644 Wheaton CC 4/20 M 5:00pm-6:15pm

241645 Potomac CC 4/23 Th 6:00pm-7:15pm

241647 Leland CC 4/25 Sa 12:00pm-1:15pm

Cartooning with Young Rembrandts®

Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor and your vivid imagination. Material fee is included in the class fee.

6 Sessions **\$80**

Instructor: Young Rembrandts®

241607 Wheaton CC 4/20 M 6:30pm-7:30pm

241608 Germantown CC 4/29 W 5:00pm-6:00pm

241609 Longwood CC 4/30 Th 6:00pm-7:00pm



Draw and Paint w/CREATE

Ages 6-8: Learn some of the basic techniques of drawing, such as looking and replicating simple 3-dimensional figures into a 3-dimensional format, using color to express feeling and emotions, creating expressive lines and shapes. There will be opportunities to have fun and learn through hands on experiences. \$10 material fee due to instructor at class.

8 Sessions **\$95**

Instructor: Create Arts Center
241635 Create Arts Center 4/14 Tu 4:00pm-5:30pm

Awesome Artists

Ages 6-9: Explore various ways to create art using different materials and techniques. Learn basic art principles of line, shape, color and design. Encourage your imagination and individual expression. Class fee includes all material fees.

6 Sessions **\$68**

Instructor: Rochelle Fernandez
241891 Longwood CC 4/21 Tu 4:00pm-5:00pm

Kids Pottery with CREATE

Ages 7-12: Both sculpture and pottery will be created as you learn hand building methods of clay construction; pinch, coil, and slab. Explore decorative techniques including glaze application, water-on-clay color, and other unusual finishes. No wheel throwing but lots of fun projects. Projects are fired in a kiln on our premises. Produce several finished items. \$20 material fee due to instructor at class.

8 Sessions **\$95**

Instructor: Create Arts Center
241638 Create Arts Center 4/17 F 4:00pm-5:30pm

Cartooning with CREATE

Ages 8-13: Many students are attracted to the excitement and story telling possibilities of cartooning. In this class, you will have the opportunity to create your own characters, story line and dialogue. Learn how to create a sense of time, three dimensional space and sequence of events. Maybe even create your own comic book! \$5 material fee due to instructor at class.

8 Sessions **\$95**

Instructor: Create Arts Center
241639 Create Arts Center 4/17 F 4:00pm-5:30pm

Cartooning Workshop

Ages 8-14: Explore the many forms of cartoon drawing, caricatures, and humorous cartoons and then apply your powers of imagination to a variety of projects. Students need to bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. Pre-registration required. Registration will not be accepted at the class. \$5 material fee due to instructor.

1 Session **\$26**

Instructor: B.J. Asher
242615 Gwendolyn Coffield CC 4/30 Th 5:30pm-7:00pm
242616 Wheaton CC 5/2 Sa 3:00pm-4:30pm

Tween Emerging Artists

Ages 9-13: Learn artistic concepts by looking at great works of art. Explore ways to use art materials and techniques to create an art piece in the style of that artist. Create an original Pop-art repetitive portrait based on a study of Andy Warhol or create colorful cubist art in the style of Picasso. Basic elements of art such as line, shape, color, value, texture and design are covered. Materials covered in class fee.

6 Sessions **\$68**

Instructor: Rochelle Fernandez
242339 Longwood CC 4/23 Th 4:00pm-5:00pm

Canvas Painting

Ages 9-14: Discover how to paint with acrylic or oil paints on canvas. Draw and paint landscape, flowers, animals and abstracts. Bring drawing pad, canvas pad, charcoal pencil, eraser and markers to first class. Instructor provides additional supply list on first day. \$5 hand out fee due instructor first day.

5 Sessions **\$60**

Instructor: B.J. Asher
242646 Wheaton CC 4/24 F 4:00pm-5:30pm

Let's Draw!

Ages 10&Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact the instructor at 240-593-4404 for supply list. East County Location-Intermediate and Advanced students only, or students with more experience or been recommended by the instructor.

7 Sessions **\$124**

Instructor: Pyper H. Dixon
243486 Wheaton CC 4/22 W 6:30pm-8:30pm

Intermediate:
243485 East County CC 4/18 Sa 10:15am-12:15pm

Family Programs**Family Pottery with CREATE**

Ages 6&Up: Adult participation and registration required with the child. Registration required for all participants. Learn the hand building methods of clay construction (pinch, coil, slab, and decorative techniques), and create sculptures and pottery using these methods, and finish them with decorative techniques and glazing. Projects are fired in a kiln on our premises. You will produce several finished works of art. Older children and adults can work together or independently. Younger students will need help and supervision from the parent, while the instructor teaches the parent to help the child. Each person will finish many projects. No wheel instruction. \$20 material fee per person due to instructor at class.

8 Sessions **\$95**

Instructor: Create Arts Center
241636 Create Arts Center 4/19 Su 5:30pm-7:00pm



Arts & Crafts for Adults

All art classes are taught by professional artists. Please read class descriptions for required material information.

Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes under *Arts & Crafts for Youth & Families*.

Fine Art

Drawing on the Right Side of the Brain

Ages 12&Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$20 for materials fee due instructor. \$5 hand out fee.

6 Sessions **\$72**
Instructor: Yolanda Prinsloo
242482 Potomac CC 4/20 M 5:30pm-7:00pm

Advanced Right Brained Drawing

Ages 12&Up: If you have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class or see the material list on our website (or call 240-777-6870 for list).

8 Sessions **\$95**
Instructor: Yolanda Prinsloo
242483 Potomac CC 4/20 M 7:30pm-9:00pm

Drawing Still Life

Ages 18&Up: Beginners: Discover the fundamentals of drawing the still life. A variety of media such as charcoal, pencil, colored pencil, pastel, watercolor, conte, and ink will be used. The instructor will illustrate the techniques to be used and will provide individual attention to each student. There will be weekly group critiques and discussions. Materials discussed in the first class.

8 Sessions **\$127**
Instructor: Paul Zapatka
242612 Wheaton CC 4/20 M 12:30pm-2:30pm

Drawing or Painting-Your Choice

Ages 18&Up: Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by instructor's demonstrations of color mixing and general use of materials. This class fills quickly! Materials discussed at the first class.

8 Sessions **\$127**
Instructor: Doris Haskel
241384 Norwood LP (BCC) 4/14 Tu 9:45am-11:45am
241385 Norwood LP (BCC) 4/14 Tu 12:15pm-2:15pm
241386 Norwood LP (BCC) 4/15 W 9:45am-11:45am

Drawing Gardens with Kritt

Ages 18&Up: Drawing gardens is easy! Sketch that perfect rose or the whole flower bed. It's a snap when you work from photos. Learn simple skills that will give you a lifetime of joy. Join this small class in a real art studio. Call 301-989-1799 for a supply list.

5 Sessions **\$85**
Instructor: Penny Kritt
244407 Kritt Studio 3/31 Tu 10:00am-12:00pm
244408 Kritt Studio 3/31 Tu 7:00pm-9:00pm

Drawing Children with Kritt

Ages 18&Up: Perfect for the non-artistic! Sketch sleeping babies or laughing toddlers, or maybe you prefer to draw your kids playing soccer or at ballet class. It's easy when you work from photos. Create heirlooms for your kids and grandkids. Join this small class in a real art studio. Call 301-989-1799 for a supply list.

5 Sessions **\$85**
Instructor: Penny Kritt
244403 Kritt Studio 5/12 Tu 10:00am-12:00pm
244404 Kritt Studio 5/12 Tu 7:00pm-9:00pm

Painting Water with Kritt

Ages 18&Up: All levels. Watercolor or acrylics. Painting water is simple! No drawing skills required. Do a peaceful pond or the ocean's pounding surf. If you paint flowers, learn to paint a perfect dewdrop. It's easy when you work from photos. Join this small class in a real art studio. Create art like they do on HGTV! Call 301-989-1799 for a supply list.

4 Sessions **\$68**
Instructor: Penny Kritt
244405 Kritt Studio 5/11 M 10:00am-12:00pm
244406 Kritt Studio 5/11 M 7:00pm-9:00pm

Painting Flowers with Kritt

Ages 18&Up: Beg/Int. Grab your watercolor or acrylic paints. Here's a fast and easy way to paint flowers. Do a happy bunch of daisies or elegant roses in a crystal vase. Class size is very limited. Call 301-989-1799 for supply list.

4 Sessions **\$68**
Instructor: Penny Kritt
242650 Kritt Studio 3/30 M 10:00am-12:00pm
242651 Kritt Studio 3/30 M 7:00pm-9:00pm

Watercolor Experience

Ages 18&Up: Learn to paint, or paint even better in watercolors with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on mutual development through actual practice and group discussion, under a highly experienced teacher's guidance. Supply list will be discussed in the first class. \$5 hand out fee due to instructor on the first day.

10 Sessions **\$195**
Instructor: Firouzeh Sadeghi
242480 Tilden MS 3/31 Tu 7:00pm-9:30pm

Chinese Landscapes

Ages 18&Up: Learn the basics of shan-shui (mountain water) including the use of black ink to produce the five tones as well as clouds, mist, waterfall and other landscape features. No text. Brushes, ink, rice paper, and other supplies can be purchased from the instructor at first class for \$28.

9 Sessions **\$142**
Instructor: Helene Sze McCarthy
241393 Bauer Drive CC 4/17 F 10:30am-12:30pm

Chinese Watercolors

Ages 18&Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. No text. \$28 material fee due to instructor at first class.

10 Sessions **\$157**
Instructor: Helene Sze McCarthy
241392 Blair, Montgomery HS 4/1 W 7:30pm-9:30pm

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Acrylic Painting is Fun!

Ages 16&Up: They're easy to paint with, in this enjoyable introductory class, aimed at absolute beginners. You'll learn how to mix and blend colors, use brushes and painter's knife, play with color, paint forms to produce depth and dimension, and paint some familiar objects. Any other level is welcome. If you have any questions please call Shara (instructor) at 301-564-1451.

8 Sessions **\$127**

Instructor: Shara Banisadr
243587 Tilden MS 4/16 Th 6:00pm-8:00pm

Acrylic Painting Techniques

Ages 15&Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Call instructor at 1-301-318-8319 for material list.

8 Sessions **\$127**

Instructor: Margaret Deskin
242613 Bauer Drive CC 4/18 Sa 10:30am-12:30pm
242614 Damascus CRC 4/19 Su 12:30pm-2:30pm

Oil or Acrylic Painting- Your Choice

Ages 18&Up: Beginners: Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

8 Sessions **\$127**

Instructor: Doris Haskel
241380 Norwood LP (BCC) 3/30 M 9:45am-11:45am

Oil Painting

Ages 12&Up: Beginning to Advanced: Learn new techniques for painting with oil, still life, portraiture, and landscapes, composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call 240-777-6870 for instructor's phone number to obtain material list. Material list is also available on our website. Bring paper towels.

8 Sessions **\$127**

Instructor: Yolanda Prinsloo
242380 Potomac CC 4/19 Su 6:00pm-8:00pm

Mixed Media

Ages 16&Up: Any level welcome. Explore wire sculpture as three-dimensional line drawing, the art of collage, and acrylic painting. We will talk about art supplies at the first class. If you have any question please call Shara (instructor) at 301-564-1451.

8 Sessions **\$127**

Instructor: Shara Banisadr
243586 Bauer Drive CC 4/14 Tu 7:00pm-9:00pm

Stone Sculpture

Ages 16&Up: Basic Instruction in the use of stone tools and the types of stone. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses to first class for hands on experience.

10 Sessions **\$157**

Instructor: Ann Ruppert
231476 Ross Boddy CC 2/25 W 7:00pm-9:00pm
231477 Ross Boddy CC 2/26 Th 7:00pm-9:00pm

**Photography****Basic Photography**

Ages 13&Up: This course is intended for those who want to learn basic photographic skills. Learn how both digital and film cameras work and how to use different lenses and other equipment. Emphasis is on learning basic photographic techniques and using them creatively. Portrait lighting and use of flash is covered. Out of class assignments given. A field trip on the Saturday follows the third class. Pictures taken will be shown and discussed in class.

6 Sessions **\$100**

Instructor: George DeBuchananne
241394 Bauer Drive CC 4/20 M 7:00pm-9:30pm

How to Take Better Digital Photos

Ages 18&Up: Beginners- Learn how to increase the quality of your photos. You could spend hours and days reading the digital camera manual OR you could come to class to get an accelerated start. Explore basic photography skills as they relate to your camera, accessories you will need but didn't think to purchase, and what you have to do to take better quality photographs. Leave the class with great information that you can use immediately and with increased confidence in the digital photography world. Bring a notepad.

1 Session **\$45**

Instructor: Mark Sincevich
241601 Leland CC 4/15 W 6:30pm-9:00pm
241603 Leland CC 5/27 W 6:30pm-9:00pm

The Digital Workflow:**From Pixels to Paper**

Ages 18&Up: Intermediate: Basic understanding of digital photography required. Understand, setup and operate your own digital photography system. Do you want to learn how to reduce your photographic processing fees? Wouldn't it be great to be able to take a photograph with a digital camera or scan in a slide or negative and print out professional-quality print? Learn about color management theory, digital cameras, scanners, color photo printers, image-editing programs, and paper selection. Bring a notepad.

1 Session **\$45**

Instructor: Mark Sincevich
241606 Leland CC 5/7 Th 6:30pm-9:00pm

Pottery

Pottery 1-2-3

Ages 12&Up: Home schooler, homemaker, retired, self-employed or anyone who wants to learn pottery. Pottery has been known to calm even the worst bad day, come see why. Hand-building and wheel work with low fire clay and glazes. Last class is glazing and no clay work; pickup work one week after last class. \$35 material fee includes clay, tools, firing and glazes.

5 Sessions **\$60**
Instructor: Abigail Dion
242581 Damascus CRC 4/20 M 11:00am-12:30pm

Beg. Pottery at East County

Ages 16&Up: If you ever wanted to try pottery, this is the for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$25 material fee due to instructor at class. Covers 25lbs of clay, glazes, slips and other consumables.

6 Sessions **\$95**
Instructor: Pamela Reid
241880 East County CC 4/15 W 7:00pm-9:00pm

Handcrafted Pottery 1

Ages 16&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 material fee due to instructor at class.

10 Sessions **\$157**
Instructor: Pamela Reid
241881 Wheaton CC 4/1 W 10:00am-12:00pm

Pottery at Leland

Ages 12&Up: All levels: Pottery for Everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due to instructor at first class.

5 Sessions **\$80**
Instructor: Yolanda Prinsloo
242484 Leland CC 4/23 Th 7:00pm-9:00pm

Pottery at Sligo Creek

Ages 16&Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio lets you discover and work toward your own creative goals. All artists have access to a potter's wheel. \$25 material fee due to instructor at class.

12 Sessions **\$280**
Instructor: Margaret Dickerson
232566 Sligo Creek ES 3/2 M 7:00pm-10:00pm
Instructor: Josephine Powell
232465 Sligo Creek ES 3/3 Tu 9:30am-12:30pm
Instructor: Angela Schreiber
231514 Sligo Creek ES 3/3 Tu 7:00pm-10:00pm
231515 Sligo Creek ES 3/5 Th 9:30am-12:30pm
231516 Sligo Creek ES 3/5 Th 7:00pm-10:00pm

Handcrafted Pottery 2 Int/Adv

Ages 16&Up: Int/Adv: Previous experience with clay, wheelworking or handbuilding required. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze making. Bring clay tools and old towel. \$25 material fee due to instructor at the first class.

10 Sessions **\$157**
Instructor: Pamela Reid
241882 Wheaton CC 4/2 Th 7:00pm-9:00pm

Pottery Open Studio

Ages 16&Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class. \$30 material fee for Germantown location.

12 Sessions **\$216**

Instructor: Margaret Dickerson
231566 Sligo Creek ES 3/4 W 7:00pm-10:00pm

10 Sessions **\$200**

Instructor: Pamela Reid
241883 Ross Boddy CC 3/31 Tu 10:00am-2:00pm
241884 Ross Boddy CC 3/31 Tu 6:00pm-10:00pm
241885 Ross Boddy CC 4/2 Th 10:00am-2:00pm

10 Sessions **\$175**

Instructor: Valerie Haber
241887 Germantown CC 4/1 W 6:00pm-9:00pm

Jewelry

Crocheted Wire and Bead Bracelet

Ages 12&Up: This bracelet is just perfect for the spring season. If you can do a simple chain stitch, then you can make this very unusual bracelet. You'll add a handmade clasp to finish off your creation. This is easy, but you must know how to do a basic chain stitch in crochet. \$8 material fee due to instructor at class.

1 Session **\$40**

Instructor: Donna Weeks
242496 Holiday Park SrC 3/30 M 6:00pm-9:00pm
242494 Bauer Drive CC 5/13 W 6:30pm-9:30pm

Earrings, Earrings, Earrings!

Age 12&Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$8 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks
236520 Bauer Drive CC 3/11 W 7:00pm-9:00pm
242486 Bauer Drive CC 4/1 W 7:00pm-9:00pm

Jewelry Basics

Ages 12&Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters to class if you have them. \$6 material fee due to instructor in class.

1 Session **\$35**

Instructor: Donna Weeks
242487 Bauer Drive CC 4/15 W 7:00pm-9:00pm





Bracelets-Easy & Elegant

Ages 12&Up: Discover the basics of bracelet construction from stringing wire to the necessary tools. You'll make at least two bracelets using a variety of materials including gemstones, chip beads, and lampwork beads. Easy to do. \$8 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks
242488 Bauer Drive CC 4/22 W 7:00pm-9:00pm

Beginning Wire Work

Ages 12&Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with your own handmade clasp. \$8 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks
242489 Bauer Drive CC 4/29 W 7:00pm-9:00pm

NEW Braided Wire Bracelet

Ages 12&Up: This bracelet is one of the easiest you will ever make and the results are incredible. Use 20 gauge silver wire that you braid to make the base. Add some gemstones and then learn to spiral the wire to finish off your wearable art work. \$10 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks
242497 Damascus CRC 5/2 Sa 10:30am-12:30pm
242498 Bauer Drive CC 5/20 W 7:30pm-9:30pm

Stained Glass

NEW Stained Glass Boxes

Ages 16&Up: Some stained glass experience required. You can cut glass with ease, and fabricate flat panels in copper foil, now take your skills to the next dimension - the third dimension. You will learn how to make a simple stained glass box, then a more decorative box. The instructor will share his personal techniques for squaring up a box, hinging the lid, and using some new tools. Bring a brown bag lunch. \$8 material fee due to instructor at the first class.

2 Sessions **\$95**

Instructor: Fran Asbeck
231171 Ross Boddy CC 3/14 Sa 9:30am-3:30pm

Crafts

NEW Floral Designs 1-2-3

Ages 16&Up: You will learn history and style of floral designs, materials and tools, appropriate methods of care and handling of flowers and foliage, tools of floral design, how elements and principles of design make a floral composition beautiful, includes color harmony, flower varieties, selection of containers. Gain creative experiences first-hand. Classes are structured with 40% lecture and 60% hands on with practices on vertical, horizontal, triangle, oval, symmetrical and asymmetrical designs. \$12 material fee due for each class.

5 Sessions **\$75**

Instructor: Beverly Tam
242661 Leland CC 5/11 M 7:00pm-9:00pm

Mosaic Table Top

Ages 12&Up: Learn how to use this ancient art form in its updated version. You will learn to work with stained glass, tile, glue and grout to create this 12-inch top suitable for use as an indoor/outdoor table. All the glass is cut for you but there will be time for you to learn the basics of cutting for yourself. \$15 material fee due instructor.

1 Session **\$45**

Instructor: Donna Weeks
242492 Damascus CRC 4/25 Sa 10:30am-2:30pm

Bath and Beauty Products

Ages 12&Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session **\$35**

Instructor: Donna Weeks
231473 Bauer Drive CC 2/25 W 7:00pm-9:00pm
242491 Bauer Drive CC 5/6 W 7:00pm-9:00pm

Beautiful Etched Wine Glasses

Ages 12&Up: Nothing could be easier than this class! Learn to use etching cream, stencils and a paintbrush to create unique, one-of-a-kind designs on glass. Make a practice piece then complete two wine glasses. \$5 material fee due to instructor at class.

1 Session **\$35**

Instructor: Donna Weeks
231475 Bauer Drive CC 3/4 W 7:00pm-9:00pm

Rubber Stamping Techniques

Ages 14&Up: Beg/Int. Learn rubber stamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional cards and invitations, scrapbooks with elegant layouts for your photos, gifts, packaging, and more. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, embossing, and various techniques for an elegant look. The contents vary so experienced stampers will also be challenged and learn new ideas. Complete one or more projects per class. \$20 material fee due to instructor at class.

5 Sessions **\$80**

Instructor: Carol Lavrich
242885 Wheaton CC 5/12 Tu 7:00pm-9:00pm

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Scrapbooking: Beg/Int techniques

Ages 14&Up: Learn scrapbooking and papercrafting techniques, tools, materials, and papers that will have you creating handmade and professional-looking scrapbooks with elegant layouts. A new skill is introduced each class. Follow up activity with designing a scrapbook page. Experienced students will also be challenged and learn new ideas. \$30 material fee per person due to instructor at first class.

4 Sessions **\$60**

Instructor: Carol Lavrich
242884 Wheaton CC 4/14 Tu 7:00pm-9:00pm

NEW Rubberstamping: Cardmaking

Ages 14&Up: Learn rubberstamping and papercrafting basics including techniques, tools, materials, and papers to create your own handmade and professional-looking greeting cards, invitations and more. Experienced students will also be challenged and learn new ideas. Complete two projects in this class, each class has different projects. Take one class or all three. All tools and supplies provided. \$10 material fee due to instructor at class.

1 Session **\$35**

Instructor: Carol Lavrich
243780 Holiday Park SrC 4/20 M 7:00pm-9:00pm
243781 Holiday Park SrC 5/4 M 7:00pm-9:00pm
243782 Holiday Park SrC 6/1 M 7:00pm-9:00pm

The Art of Venice

Ages 16&Up: Learn centuries old Venetian art that comprises of cutting detailed prints and forming them into three dimensional pieces of art. You will learn how to cut correctly, use the silicone glue, separate the prints by numbers and glue the prints on top of each other. Then we cover the white marks were you cut the prints, and lacquer the prints into outstanding pictures. You can give this 'quandri' as they are called, for gifts, for your office or home. \$40 material fee due to instructor at class.

4 Sessions **\$64**

Instructor: Nadia Azumi
242883 Leland CC 4/28 Tu 7:00pm-9:00pm

The Art of France

Ages 16&Up: Learn how to paint on silk the 'corti' techniques, among many other techniques beginner will learn how to stretch the different varieties of silk. Then, discover how to draw on silk and use the resist on the silk using water and salt. Also, explore the kind of dyes used. 3 week course \$30 material fee, workshop \$40 material fee.

1 Session **\$50**

Instructor: Nadia Azumi
242882 Damascus CRC 5/16 Sa 10:00am-4:00pm

3 Sessions **\$50**

Instructor: Nadia Azumi
242881 Holiday Park SrC 5/11 M 7:00pm-9:00pm



Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time, unless otherwise stated in description.

Pre-School Dance

Kids Dance I

Ages 2-5: Adult participation required. Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

9 Sessions **\$80**

Instructor: Sandra Aresta
243428 Rock Creek Valley ES 4/18 Sa 9:30am-10:15am
243426 North Chevy Chase LP 4/22 W 10:00am-10:45am
243429 Wheaton CC 4/23 Th 12:00pm-12:45pm
243427 Germantown CC 4/24 F 11:45am-12:30pm

Kids Dance Alone

Ages 3½-6: Children dance alone; no adult participation. Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

9 Sessions **\$80**

Instructor: Sandra Aresta
243431 Leland CC 4/18 Sa 10:15am-11:00am
243433 Rock Creek Valley ES 4/18 Sa 10:30am-11:15am
243432 Leland CC 4/22 W 3:30pm-4:15pm

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore young dance, rhythm and coordination. Parent participation may be required.

10 Sessions **\$88**

Instructor: Grace Oleson
243783 Potomac CC 4/14 Tu 3:30pm-4:15pm
243784 Germantown CC 4/15 W 10:00am-10:45am
243785 Germantown CC 4/15 W 11:00am-11:45am

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class.

10 Sessions **\$88**

Instructor: Miss Betsy
243830 Long Branch CC 4/4 Sa 9:15am-10:00am
243831 Long Branch CC 4/4 Sa 10:15am-11:00am
Instructor: Miss Krissi
243832 Marilyn J. Praisner CC 4/4 Sa 10:15am-11:00am

Tap-n-Tykes

Ages 3-4: This class is a perfect introduction to tap dance for the younger child. The class features music, rhythm, and timing which is essential to the beginning learner. Emphasis is on repetition, music, rhythm, and timing as these younger dancers begin to learn tap dance. Tap shoes required.

8 Sessions **\$71**

Instructor: Joanne Segrera
241650 Potomac CC 4/18 Sa 10:00am-10:45am

*Dance...
the fun
exercise!*

Tap-n-Kids

Ages 5-6: This energetic tap class offers skill development for beginner tappers. Introduces proper technique, sound, breakdown and the traveling step. The class will introduce leg and ankle warm-up followed by progression work and center combination. The class focuses heavily on musicality, rhythm, and timing which are an essential part of tap training. Along with technique the class will also teach showmanship and a little pantomime. Tap shoes are required.

8 Sessions **\$71**

Instructor: Joanne Segrera
241649 Potomac CC 4/18 Sa 11:00am-11:45am

Pre Ballet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class.

10 Sessions **\$88**

Instructor: Miss Betsy
243834 Long Branch CC 4/4 Sa 11:15am-12:00pm
Instructor: Miss Krissi
243833 Marilyn J. Praisner CC 4/4 Sa 11:15am-12:00pm

Kids Kraft/Creative Expression

Ages 4-5: Students learn classical movements and creative dance through story dances. Props and scenery are added to enhance this class. Uniform: Sky Blue short sleeved leotard, pink tights and leather ballet slippers. Hair in a ballet bun.

10 Sessions **\$44**

Instructor: Kim Bell
243092 Redland MS 4/18 Sa 10:00am-10:30am

Tap & Jazz & Ballet**Comprehensive Classical Ballet**

Ages 5-6: Beginner II: Students are taught in the basic elements of classical ballet through the RAD method of training. Ballet posture, leg/arm coordination and terminology are introduced at this level. Uniform: Black short sleeved leotard, pink tights and pink ballet slippers. Hair in a ballet bun.

10 Sessions **\$88**

Instructor: Kim Bell
243091 Redland MS 4/18 Sa 10:30am-11:15am

Comprehensive Character Dance

Ages 7-9: Intermediate-Must have at least 1 year of dance training. Students train in a series of classical and folk dance technique. Prepared dances are taught toward the end of each class to ensure performance readiness. Uniform: Navy Blue short sleeved leotard, pink footed tights, leather ballet slippers and a MCB dance skirt. Boys/black sweat pants no (pockets), white tee shirt and socks, black jazz oxfords.

10 Sessions **\$127**

Instructor: Kim Bell
243090 Redland MS 4/18 Sa 11:15am-12:45pm

NEW Performance Dance Workshop-Swan Lake

Ages 8-13: This is a performance skills workshop class where students are taught classical character and dance technique. Prepared dances are taught towards the end of each class to ensure performance readiness. Uniform: girls navy blue camisole leotard, pink footed tights, and leather ballet slippers, navy blue MCB skirt. Boys: Black sweat pants, white t-shirt, and socks, black oxfords.

10 Sessions **\$127**

Instructor: Kim Bell
243093 Leland CC 4/17 F 4:00pm-5:45pm

Ballet

Ages 4-8: Beginner: This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

10 Sessions **\$88**

Instructor: Grace Oleson

Ages 5-8:

243786 Potomac CC 4/14 Tu 4:30pm-5:15pm
243787 Wheaton CC 4/16 Th 4:00pm-4:45pm

Ages 4-5:

243788 Wheaton CC 4/16 Th 5:00pm-5:45pm

Tap & Ballet Beginner

Ages 4-8: Beginner: A combination class introducing tap and ballet, emphasizing basic exercises, combinations, and creativity. Dancers should have tap and ballet shoes for first class. Question contact Ms. Aresta at Sandra.Aresta@verizon.net

8 Sessions **\$71**

Instructor: Sandra Aresta
243439 Germantown CC 5/1 F 3:30pm-4:15pm

9 Sessions **\$80**

Instructor: Sandra Aresta
243437 Leland CC 4/18 Sa 11:15am-12:00pm
243438 Rock Creek Valley ES 4/18 Sa 11:30am-12:15pm
243440 McNair, Ronald ES 4/18 Sa 10:00am-10:45am
243690 Damascus CRC 4/18 Sa 12:00pm-1:00pm
243436 Leland CC 4/22 W 4:15pm-5:00pm

Tap and Ballet (Child & Adult)

Ages 4&Up: Children and parents can enjoy a dance class together. The choreography includes dance steps for children and adult. Parents and children must each register separately. Each child must have an adult partner registered.

9 Sessions **\$80**

Instructor: Sandra Aresta
244383 Germantown CC 4/24 F 12:30pm-1:15pm

Tap, Ballet & Jazz

A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. Practice CD is available for \$10 (purchase is optional). Performance for family and friends on the last day of the class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions call Rowena DeLuca at 301-593-0618 or email ladyrowena.d@verizon.net

8 Sessions **\$71**

Instructor: Rowena DeLuca

Beginner:**Ages 4-6:**

243682 North Four Corners LP 4/18 Sa 9:00am-10:00am
243680 North Four Corners LP 4/18 Sa 12:00pm-1:00pm

Ages 7-13:

243683 North Four Corners LP 4/18 Sa 10:00am-11:00am

Intermediate**Ages 6-13 years**

243684 North Four Corners LP 4/18 Sa 11:00am-12:00pm

Find a Mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!





Hip Hop & Break Dance

Hip Hop into High School Musical

Ages 7-11: Learn the hip hopping dance steps that are so popular in the musicals. This invigorating class will feature dance steps that focus on developing rhythm, stretching, isolations, strength and endurance. This is a great way to get your head in the game now as you stride with pride in this energetic class.

9 Sessions **\$80**

Instructor: Studio 310

243065 Germantown CC 4/23 Th 5:15pm-6:00pm

No Stop Hip Hop for Kids!

Ages 6-9: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

9 Sessions **\$80**

Instructor: Studio 310

Ages 5-7:

243220 Potomac CC 4/20 M 5:00pm-5:45pm

Ages 7-10:

243221 Potomac CC 4/20 M 6:00pm-7:00pm

Pre-Hip Hopping Kids Dance

Ages 5-8: This is a great hip-hop class for the younger kids. The class introduces the latest hip hop moves at the level that is perfect for the younger dancers. Kids love this energetic dance!

8 Sessions **\$71**

Instructor: Sandra Aresta

243442 Germantown CC 5/1 F 4:15pm-5:00pm

9 Sessions **\$80**

Instructor: Sandra Aresta

243443 McNair, Ronald ES 4/18 Sa 11:00am-11:45am

243689 Damascus CRC 4/18 Sa 10:00am-10:45am

243441 Leland CC 4/23 Th 4:00pm-4:45pm

Hip Hopping Kids Dance!

Ages 7-10: Introduces all of the latest hip hop moves. The class is high energy and focuses on stretching, steps that develop rhythm, balance, strength and endurance. Learn steps and perform complete hip hop dance routines in a positive and encouraging environment. If your child enjoys watching the latest hip hop it is time to get them to do the steps for themselves!

9 Sessions **\$80**

Instructor: Sandra Aresta

243444 McNair, Ronald ES 4/18 Sa 11:45am-12:15pm

243688 Damascus CRC 4/18 Sa 11:00am-11:45pm

243445 Leland CC 4/23 Th 5:00pm-5:45pm

NEW Break Dancing

Ages 6-10: All of the kids are doing it and now you can, too! This energetic class is a great introduction to break dancing. Text all of your friends now...or at least your BFF...you got to register for this class...so that you can script your dance moves.

9 Sessions **\$80**

Instructor: Studio 310

244686 Studio 310 4/24 F 4:30pm-5:15pm

Performance

NEW Musical Theater Dance

Ages 6-9: For the budding performance dancer who wants to learn basic dance movements seen in Broadway plays. Students can build confidence and learn skills to gain the rhythm and movement necessary in Music Theater. Perfect for the beginner or students with experience that need to build confidence. Whether Broadway bound or just interested in dancing this is a great way to start.

9 Sessions **\$80**

Instructor: Studio 310

244636 Potomac CC 4/22 W 4:30pm-5:15pm

NEW Pom Dancing

Ages 5-10: This is the perfect opportunity to learn this energetic spirited dance. Kids will learn line kicks, lyrical dance, pom routines and Hip Hop Funk Dance to learn pom dances and routines. The last class will give opportunity to perform their routine for family and friends.

9 Sessions **\$80**

Instructor: Studio 310

Ages 5-7:

243213 Germantown CC 4/23 Th 5:15pm-6:00pm

Ages 7-10:

243210 Germantown CC 4/23 Th 4:30pm-5:15pm

NEW Poms-Aim High Dance

Ages 7-16: This introductory session combines Cheer Dance and Street Jazz classes to introduce students to basic cheer dance (poms provided), hip hop, and jazz movements. A combination class introducing students to the AIM HIGH DANCE program. Students should wear comfortable clothing and shoes. An open house is scheduled for family and friends on the last day of the class. Please Note: Regular attendance is mandatory as this is a team focused class.

10 Sessions **\$106**

Instructor: Aziza Mashariki

Ages 7-11:

243730 Sligo Dennis LP 4/18 Sa 9:00am-10:15am

Ages 12-16:

243731 Sligo Dennis LP 4/18 Sa 10:30am-11:45am

NEW Flamenco

Ages 5-11: Flamenco Dance is a beautiful rhythmic dance that embraces Spanish tradition. This spirited class, perfect for the beginner dancer, introduces the basic footwork and body movement.

8 Sessions **\$71**

Instructor: Sandra Aresta

Ages 5-7:

243941 Leland CC 4/21 Tu 4:15pm-5:00pm

Ages 8-11:

243942 Leland CC 4/21 Tu 5:00pm-5:45pm



Dance for Adults

In addition to these classes, please see new *Baby Boomer* section for dance classes specifically designed for ages 43 to 63.

Tap

Tap Dance

Ages 16&Up: An introduction to the basics of tap and its terminology. For further information, please call 301-593-0618 or email ladyrowena.d@verizon.com

8 Sessions **\$71**

Instructor: Rowena DeLuca

Beginner:

227814 Capital View-Hmwd LP 4/15 W 6:00pm-7:00pm

243686 Marilyn J. Praisner CC 4/17 F 12:00pm-1:00pm

Intermediate:

227823 Marilyn J. Praisner CC 4/17 F 11:00am-12:00pm

227822 Capital View-Hmwd LP 4/15 W 7:00pm-8:00pm

Advanced:

243687 Capital View-Hmwd LP 4/15 W 8:00pm-9:00pm

Ballroom

Registration Change and Update: All students registered in Ballroom Dance, Rhythm, Swing and Latin Dance must register per person. Some classes require that students have a registered partner to participate in the class. Please see class description to determine whether the class you are interested in requires a partner.

For additional information please contact the instructor directly. Instructors: Joe Kim 301-774-3126, Tony Seleme 202-386-2060, Rebecca McKinney 202-669-7723, Thomas Woll 703-591-3839, Herb Fredericksen 301-869-3987, Peter Tam 301-320-2814.

Ballroom I Beginners (Couples)

Ages 16&Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least four-five patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included. Registration is per student, must have a partner registered in the class to attend.

9 Sessions **\$63**

Instructor: Joe Kim

242734 Olney ES 4/17 F 7:30pm-8:30pm

Instructor: Tony Seleme

242730 Bauer Drive CC 4/20 M 7:00pm-8:00pm

Instructor: Rebecca McKinney

242732 Bethesda ES 4/20 M 7:00pm-8:00pm

10 Sessions **\$70**

Instructor: Thomas Woll/Ann Basso

242731 Glenmont LP 4/16 Th 7:00pm-8:00pm

Ballroom I (Singles & Couples)

Ages 16&Up: Beginner: The basic ballroom dances to include Waltz, Foxtrot, Rumba, Cha Cha, and Swing. Students change partners frequently. Class fee for single registrant.

8 Sessions **\$56**

Instructor: Thomas Woll/Tony Dunn

243105 North Four Corners LP 4/20 M 7:00pm-8:00pm

Ballroom Beginner's II

Ages 18&Up: Perfect for returning dancers that have not danced for awhile or the student that is not quite ready to move to the intermediate classes. Go beyond learning the basic steps and begin to refine your movement and personal style. The dances covered in the class will be the Waltz, Foxtrot, Rumba, Cha Cha, Tango, and Swing.

10 Sessions **\$70**

Instructor: Rebecca McKinney

242735 Leland CC 4/16 Th 7:00pm-8:00pm

Ballroom II (Couples)

Ages 16&Up: Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included. Course fee per person, all students will need a partner registered to participate in the class.

9 Sessions **\$63**

Instructor: Joe Kim

242737 Olney ES 4/17 F 8:30pm-9:30pm

Instructor: Tony Seleme

242738 Bauer Drive CC 4/20 M 8:00pm-9:00pm

Instructor: Rebecca McKinney

242740 Bethesda ES 4/20 M 8:00pm-9:00pm

10 Sessions **\$70**

Instructor: Thomas Woll/Ann Basso

242736 Glenmont LP 4/16 Th 8:00pm-9:00pm

Ballroom III (Couples)

Ages 16&Up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will continue to develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered to participate in the class.

10 Sessions **\$70**

Instructor: Thomas Woll/Ann Basso

243104 Gwendolyn Coffield CC 4/14 Tu 8:00pm-9:00pm

Ballroom IV (Couples)

Ages 16&Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly. All registration fees are per person, a registered partner is required for this class.

10 Sessions **\$70**

Instructor: Thomas Woll/Ann Basso

243110 Glenmont LP 4/16 Th 9:00pm-10:00pm

Ballroom Practice & Party (Couples)

Age 16&Up: Intermediate/Advanced: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Registration is per person, students must have a registered partner to attend the class.

10 Sessions **\$110**

Instructor: Tony Seleme

242867 Holiday Park SrC 4/17 F 7:00pm-10:00pm



Dance for the Special Occasion

Ages 18&Up: This dance class covers the ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions **\$56**
Instructor: Herb Fredricksen
243360 Germantown CC 4/15 W 8:15pm-9:15pm

NEW **Dance Like a Star on a Cruise Ship, or at any Party**

Ages 18 & Up: Ready to take a cruise? Going to an embassy ball, birthday party, or wedding reception? Designed for students who know absolutely nothing about dancing, but want to dance like an expert. Yes, this class will make you the star on the dance floor with the 5 most common dances (waltz, swing, foxtrot, salsa, cha-cha) for these occasions. With years of teaching experience on cruise ships and private clubs, the instructors will teach you the secrets of moving gracefully with music across any dance floor. Be the envy of the party. Let them guess how many years you have been dancing!

10 Sessions **\$70**
Instructor: Peter and Beverly Tam
244382 North Bethesda MS 4/15 W 6:30pm-7:30pm

NEW **International Waltz**

Ages 18&Up: The instructors for this class, are better known for 'dancing on the sea' because of their years of dance-teaching experience onboard cruise ships. Now they are ready to wield the same magical instruction on land. The objective of this class is for students, particularly those with 'two left feet', to learn a routine consisting of bronze and silver figures from the International Waltz syllabus. The class will focus on Form, Function, Technique, Proper Partnership, and Musicality-elements that give dancers that starlike radiance among other dancers on the floor.

8 Sessions **\$90**
Instructor: Peter and Beverly Tam
243312 North Bethesda MS 4/15 W 7:30pm-9:00pm

**Waltz (Couples)**

Ages 16&Up: Learn this classical slow dance that is the opening to the oldest and most graceful social dances. Registration fee is per person, must have a registered partner to participate.

10 Sessions **\$70**
Instructor: Rebecca McKinney
242771 Holiday Park SrC 4/14 Tu 8:00pm-9:00pm

Wedding Dances (Couples)

Ages 18&Up: Beginner: Learn to dance for that special occasion, or just take the course to learn the three most common dances: the Waltz, Foxtrot, or Rumba. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine. Registration fee is per person, must have a registered partner to attend the class.

8 Sessions **\$56**
Instructor: Thomas Woll/Tony Dunn
242770 Potomac CC 4/15 W 8:00pm-9:00pm

10 Sessions **\$70**
Instructor: Rebecca McKinney
242769 Holiday Park SrC 4/14 Tu 7:00pm-8:00pm

Wheelchair Ballroom & Social Dance

Ages 15&Up: Get started in the exciting dances made famous on 'Dancing with the Stars', such as the romantic Rumba, the elegant Waltz, and the passionate Tango. Learn practical tips on how to dance together in any social situation. Join us for a 'no barriers' introduction to partner dancing. Both manual wheelchair and power wheelchair techniques will be taught. Please note: scooters are not suitable for this class. No dance experience is necessary. The seated dancers must be able to move their own wheelchairs. The standing partners should at least have average balance, strength, and agility. Fee is per person, each student must have a registered partner in the class. For additional information, call Sue Green at 301-448-6243.

9 Sessions **\$63**
Instructor: Sue Green
243588 Holiday Park SrC 4/18 Sa 12:00pm-1:00pm

Foxtrot (Couples)

Ages 18&Up: Have fun in class learning Foxtrot variations with great choreography and styling. Fee is per person. Must have a partner to be registered in class.

10 Sessions **\$70**
Instructor: Tony Seleme
242865 Holiday Park SrC 4/14 Tu 8:00pm-9:00pm

Rhythm & Swing**Swing**

Ages 16&Up: Beginners: This is a East Coast Swing starting with the single swing for an easy start, then progress to Triple Swing. Added tinge of Jive Flavor. Will change partners frequently. Registration per person, a partner is not required.

9 Sessions **\$63**
Instructor: Joe Kim
243330 Longwood CC 4/16 Th 8:00pm-9:00pm

Swing (Couples)

Ages 16&Up: Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is a East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. Registration fee is per person, students must have a registered partner to attend.

10 Sessions **\$70**
Instructor: Tony Seleme
242866 Holiday Park SrC 4/14 Tu 9:00pm-10:00pm
Instructor: Rebecca McKinney
242794 Leland CC 4/16 Th 8:00pm-9:00pm



DC Hand Dancing

Ages 18&Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

8 Sessions \$56

Instructor: Thomas Woll/Tony Dunn

243109 Potomac CC 4/15 W 7:00pm-8:00pm

243108 North Four Corners LP 4/20 M 9:00pm-10:00pm

Rumba (Couples)

Ages 16&Up: Rumba is the spirit and soul of Latin American music and dance. The energizing rhythms and bodily expressions make the Rumba one of the most popular Latin dances. Learn Rumba motions using Rumba variations. Experience fun while learning the preciseness of the exhilarating dance. In fall, 2008 registration fees will be per student. Must have a registered partner to attend the class.

10 Sessions \$70

Instructor: Tony Seleme

242840 Holiday Park SrC 4/14 Tu 7:00pm-8:00pm

Ragtime Dances from Joplin to Sousa

Ages 16&Up: The new syncopated music of Ragtime, 1890-1915, opened the door to generations of unique American dances, Salty Dog and 12th Street Rags, Foxtrots, Grizzly Bears, Bunny Hugs, Turkey Trots and a hundred other Animal Dances that loosened us up for the Jitterbug and Swing decades later. Sousa's uplifting marches helped old World dances morph into New World Onesteps while Joplin's Rags encouraged proper Schottisches to become the free moving Twostep dances that exist today. Learn the pure fun of it from Dance Master and Historian Herb Fredricksen.

8 Sessions \$56

Instructor: Herb Fredricksen

243357 Potomac CC 4/16 Th 8:00pm-9:00pm

Latin**Argentine Tango, the Dance of Love**

Ages 16&Up: The free moving and sensual Argentine Tango is the final member of Herb Fredricksen's family of World Class social Dances. Choreographed to the uniquely evocative music of the region, this passionate national dance can take many forms. Learn the basics and it becomes instinctive. Come discover this unique yet familiar dance as taught by the Maestro!

8 Sessions \$56

Instructor: Herb Fredricksen

243358 Potomac CC 4/16 Th 9:00pm-10:00pm

**Salsa (Couples)**

Ages 16&Up: Beginner: This hot dance is on the rise worldwide. Sizzle with the rhythms and movements that make Salsa such a fun and popular dance. Registration is per person, must have a registered partner to attend the class.

10 Sessions \$70

Instructor: Rebecca McKinney

242787 Holiday Park SrC 4/14 Tu 9:00pm-10:00pm

Salsa

Ages 16&Up: Beginner: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to insure a balance. Students change partners frequently.

8 Sessions \$56

Instructor: Thomas Woll/Tony Dunn

243107 Potomac CC 4/15 W 9:00pm-10:00pm

243106 North Four Corners LP 4/20 M 8:00pm-9:00pm

Tango (Couples)

Age 13&Up: Beginner/Intermediate. American and International Standard Tango.

9 Sessions \$63

Instructor: Rebecca McKinney

242741 Bethesda ES 4/20 M 9:00pm-10:00pm

Salsa & Merengue

Ages 13&Up: Beginner: These classes are popular worldwide. Great exercise for agility development. Includes partner dance, solo free style and practice to mini choreographed routine. Students change partners frequently. Does not require a partner to attend the class.

9 Sessions \$63

Instructor: Joe Kim

243326 Barnsley, Lucy ES 4/15 W 7:30pm-8:30pm

243327 Longwood CC 4/16 Th 7:00pm-8:00pm

Intermediate/Advanced: Prerequisite: Salsa beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students change partners frequently. Does not require a partner.

9 Sessions \$63

Instructor: Joe Kim

243329 Barnsley, Lucy ES 4/15 W 8:30pm-9:30pm

NEW Cardio Latin Dance

Ages 15&Up: Get ready to shake your hips in this fun, energetic, fat-blasting, Latin dance fitness experience! With a fusion of exciting rhythms from around the world, you will learn the basic moves first, and then use them in an energetic and stress-releasing workout. No dance experience necessary! Beginners will get a good foundation in the basic dance patterns of Merengue, Cha Cha, Salsa, Samba, and Rumba. Dancers who already know the basics will learn to layer on the techniques of Latin Motion, arm styling, and stylish footwork.

9 Sessions \$63

Instructor: Sue Green

243589 Holiday Park SrC 4/18 Sa 1:15pm-2:15pm



International Dance

Belly Dancing (Middle Eastern) I

Ages 11&Up: Beginner Level 1. Sophisticated...spiritual...irresistible...This dance is suitable for all ages, shapes, and sizes, and does not require any prior dance experience. Belly dancing provides an aerobic workout that is gentle on the body, trims the waist, and is exhilarating for the spirit! Students learn the foundations of ancient Middle Eastern dance movements and muscle control while exploring Middle Eastern rhythms and melodies. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

8 Sessions **\$70**

Instructor: Camellia Jacobs

241681 Holiday Park SrC 4/19 Su 4:00pm-5:00pm

9 Sessions **\$80**

Instructor: Studio 310

241680 Studio 310 4/16 Th 7:30pm-8:30pm

Belly Dance (Middle Eastern) II

Ages 11&Up: This class is for students that want to experience the elegance of this dance beyond the beginner level. Students will need to have completed the beginner class or have previous belly dance experience. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

8 Sessions **\$70**

Instructor: Camellia Jacobs

241699 Holiday Park SrC 4/19 Su 5:00pm-6:00pm

Bhangra/Bollywood

Ages 10&Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

9 Sessions **\$77**

Instructor: Kumud Mathur

242030 Potomac CC 4/14 Tu 8:00pm-9:00pm

Irish Ceili and Country Sets

Ages 18&Up: Focuses on basics of Irish Ceili and Country Set Dances and gives you a chance to develop your steps and movements. This interactive class gets you up and moving. Wear comfortable thin leather soled shoes and loose light clothing. Jim Keenan, native of County Armagh, Ireland, teaches country set dancing in both the US and Europe. Through his research and teaching he has helped revive traditional country sets as well as receiving commissions for original choreography.

8 Sessions **\$68**

Instructor: James Keenan

243249 Beverly Farms ES 4/22 W 7:30pm-8:30pm

International Folk Dancing

Ages 18&Up: Beginner/Advanced. Beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. Intermediate/advanced level add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or email diamonddancecircle@comcast.net.

9 Sessions **\$60**

Instructor: Phyllis Diamond

243071 Leland CC 4/20 M 7:30pm-10:00pm

4 Sessions **\$27**

Instructor: Phyllis Diamond

243072 Leland CC 5/18 M 7:30pm-10:00pm

Dances of Oktoberfest

Adults: Learn the dances of Herb Fredricksen's German Dance Group 'Bairisch und Steirisch' the official performers in the Germantown Oktoberfest. Landlers: Austria's original Waltz forms; Schottisches: German time honored Twostep/Onestep combinations; Czech Polkas and Polish Mazurkas and more. Then be surprised as Herb interprets how their elements became part of Swing, Disco, Hustle, County Western and Salsa.

8 Sessions **\$56**

Instructor: Herb Fredricksen

243359 Germantown CC 4/15 W 7:15pm-8:15pm

Cowboy Dancing Plain and Fancy

Ages 16 & Up: Learn the great social dances that helped settle the west, from the early days of the Alamo to the heydays of the classic western films: Put your Little Foot, Teton Mountain Stomp, Calico Polka, original Cotton Eyed Joes and Cowboy Twosteps, Waltzes, Polkas and Schottisches, all taught to the special music of their day. If you don't know why C-W is hyphenated or C/W is slashed it's because there is a difference. We're talking traditional Austin vs. contemporary Nashville.

8 Sessions **\$56**

Instructor: Herb Fredricksen

245486 Potomac CC 4/16 Th 7:00pm-8:00pm

Square & Line Dancing

Mainstream Square Dancing

For those who have completed the Basic course and wish to learn the Mainstream Program of Modern Western Square Dancing. Questions: Call Betsy Taylor at 301-589-4868.

9 Sessions **\$35**

Instructor: Betsy Taylor

243095 Wheaton CC 4/15 W 7:00pm-8:00pm

243094 Schweinhaut SrC 4/16 Th 10:00am-11:00am

243096 Schweinhaut SrC 4/18 Sa 12:30pm-1:30pm



Plus Square Dancing

Ages 8&Up: For those who have completed Main-stream. Questions: Call Betsy Taylor at 301-589-4868.
9 Sessions **\$35**

Instructor: Betsy Taylor
 243098 Wheaton CC 4/15 W 8:00pm-9:00pm
 243097 Schweinhaut SrC 4/16 Th 11:10am-12:10pm

Contra

Ages 8&Up: Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner. Questions: Call Betsy Taylor at 301-589-4868.

9 Sessions **\$35**

Instructor: Betsy Taylor
 243099 Schweinhaut SrC 4/18 Sa 1:30pm-2:30pm

Line Dance for Beginners

Ages 16&Up: Beginner: No experience required but having fun is mandatory! This fun-filled class will teach you the basic patterns and steps for line dancing. You will be dancing as part of the group but will individualize your dance moves as you learn to move not only your legs and feet but whole body!

8 Sessions **\$70**

Instructor: Benjamin Huang
 241700 Barnsley, Lucy ES 4/18 Sa 10:00am-11:00am

Line Dance Intermediate

Ages 16&Up: Line dancing is an energizing way to have fun and get moving and fit. This class is recommended for basic level dancers and higher. Class will incorporate basic steps but will move at a higher pace and high energy level.

8 Sessions **\$70**

Instructor: Benjamin Huang
 241701 Barnsley, Lucy ES 4/18 Sa 11:00am-12:00pm

NEW Contrás, Lines, Squares & Sets

Ages 18&Up: All levels welcome. Have fun learning all sorts of line dances. Name it, tame it, and let's dance. Having fun is required but no partners or experience necessary.

5 Sessions **\$35**

Instructor: Anna Pappas
 243482 Long Branch CC 4/14 Tu 2:00pm-3:00pm
 243483 Long Branch CC 5/26 Tu 2:00pm-3:00pm

Hip Hop & High Energy**Zumba**

Ages 16&Up: Beginner/Intermediate: Zumba is a high energy intense Latin Dance. This fast rhythm class is offered for the beginner however intermediate students can add dynamic moves and energy. Zumba provides an opportunity to creatively exercise while dancing your stress away!

9 Sessions **\$80**

Instructor: Studio 310
 243238 Studio 310 4/21 Tu 6:30pm-7:30pm

High Energy Cardio Hip Hop

Ages 18&Up: Beginner: This sizzling high energy class is the fast track to funky fun. This is the perfect way to get all the cardio benefits of an aerobic workout in a dance class. No dance experience necessary but positive attitude and energy is all that is needed to learn these hot hip hop moves with a Latin flavor.

9 Sessions **\$80**

Instructor: Studio 310
 243046 Studio 310 4/20 M 6:30pm-7:30pm
 243047 Studio 310 4/18 Sa 9:30am-10:30am

Music for Youth & Adults

See *Tiny Tots* for music classes for ages 6 months-5 years.

Group Piano for Youth**Exploring Music and Piano Level IB**

Ages 5-10: Prerequisite Level IA. A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for use. Adult participation is required and children should have access to a piano for practice. \$10 material fee due to instructor.

8 Sessions **\$172**

Instructor: Music for Life
 242337 Golden School of Music 4/20 M 5:00pm-6:00pm

10 Sessions **\$215**

Instructor: Music for Life
 242338 Golden School of Music 4/18 Sa 12:30pm-1:30pm

Group Piano for Adults

Ages 18&Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. Must have a piano or keyboard available for practice. Pay attention to course levels within each description. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase.

Beginner: No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

9 Sessions **\$135**

Instructor: William Palmer

Level B:

242589 Holiday Park SrC 4/20 M 12:15pm-1:05pm

Level C:

242588 Holiday Park SrC 4/20 M 11:00am-11:50am

242590 Holiday Park SrC 4/20 M 1:15pm-2:05pm

242591 Holiday Park SrC 4/20 M 8:00pm-8:50pm

Level A:

242597 Holiday Park SrC 4/21 Tu 10:00am-10:50am

242592 Holiday Park SrC 4/21 Tu 7:00pm-7:50pm

Instructor: Elizabeth Duncan

Level A:

242595 Holiday Park SrC 4/25 Sa 1:30pm-2:20pm

242596 Holiday Park SrC 4/24 F 2:30pm-3:20pm

Level D:

242593 Holiday Park SrC 4/25 Sa 10:30am-11:20am

Level C:

242594 Holiday Park SrC 4/25 Sa 11:30am-12:20pm



Group Piano Advanced Beginner

Ages 18&Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with use of chords in C and G hand positions. Covers progression toward playing in major keys of C, G, and F and minor keys of A and D.

9 Sessions **\$135**

Instructor: William Palmer

Level C:

242582 Holiday Park SrC 4/20 M 2:30pm-3:20pm

Level B:

242583 Holiday Park SrC 4/21 Tu 8:00pm-8:50pm

Instructor: Elizabeth Duncan

Level A:

242584 Holiday Park SrC 4/25 Sa 12:30pm-1:20pm

Group Piano Intermediate

Ages 18&Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

9 Sessions **\$135**

Instructor: William Palmer

Level B:

242598 Holiday Park SrC 4/20 M 7:00pm-7:50pm

242599 Holiday Park SrC 4/21 Tu 11:00am-11:50am

Level A:

242600 Holiday Park SrC 4/21 Tu 1:15pm-2:05pm

Instructor: Elizabeth Duncan

Level B:

242603 Holiday Park SrC 4/24 F 11:30am-12:20pm

Level A:

242604 Holiday Park SrC 4/25 Sa 9:30am-10:20am

Group Piano Advanced

Ages 18&Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

9 Sessions **\$135**

Instructor: William Palmer

Level C:

242585 Holiday Park SrC 4/21 Tu 12:15pm-1:05pm

Instructor: Elizabeth Duncan

Level B:

242586 Holiday Park SrC 4/24 F 12:30pm-1:20pm

Level C:

242587 Holiday Park SrC 4/24 F 1:30pm-2:20pm

Guitar**Guitar Level I**

Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for class at Tilden, a tuning fork for classes at Praisner and Longwood and a pencil. Songbook required purchase for Tilden class only, approx. \$14. Questions? Call Brian Gross (Tilden) at 301-320-6999 or Kevin Hayton (Praisner & Longwood) at 240-242-3466.

8 Sessions **\$88**

Instructor: Brian Gross

242743 Tilden MS 4/14 Tu 7:00pm-8:00pm

Instructor: Kevin Hayton

242742 Bauer Drive CC 4/20 M 4:00pm-5:00pm

242745 Marilyn J. Praisner CC 4/15 W 7:00pm-8:00pm

242744 Longwood CC 4/16 Th 7:00pm-8:00pm

**Guitar Level II**

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, a tuning fork and pencil. New students with applicable experience/knowledge welcome. Questions: Call Kevin Hayton at 240-242-3466.

8 Sessions **\$108**

Instructor: Kevin Hayton

242747 Marilyn J. Praisner CC 4/15 W 8:00pm-9:00pm

242748 Longwood CC 4/16 Th 8:00pm-9:00pm

Guitar Songs

Ages 9&Up: Prerequisite, Level I or new students with applicable experience/knowledge welcome. Love to play your favorites and learn new songs to add to your favorite's collections? Come jam with Brian, and while you are jammin', you'll cover new chords including barre and power chords. Bring the songs you want to play, a fully strung guitar (acoustic or electric), electronic tuner and a pencil. Price includes all materials. Questions: Brian Gross at 301-320-6999.

8 Sessions **\$116**

Instructor: Brian Gross

242750 Tilden MS 4/14 Tu 8:00pm-9:00pm

Vocal**Overcoming Stage Fright-Making Auditions Fun**

Ages 12&Up: Put your best voice forward! Presentation is an important part of any audition. Work toward improving stage presence, choosing the right song or improving your vocalization of the song you have chosen and netting those butterflies in your stomach. Whether you are planning to audition for a musical, joining a chorus or just love to sing, we'll show you the tools you'll need to become confident on stage! Questions? email jennimcg@comcast.net.

8 Sessions **\$80**

Instructor: Jennifer McGinnis

243266 Rock Creek Valley ES 4/17 F 7:00pm-8:00pm



Montgomery County
RECREATION
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

Cooking

See *Youth Arts* for more family participation classes.

Kids Can Cook, Too!

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts and fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simple ingredients are combined to create mouth watering dishes! Create, consume and of course, clean up in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$40 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent.

6 Sessions **\$55**

Instructor: Abigail Dion

242187 Potomac CC 4/27 M 4:00pm-5:00pm

Family Chefs-May Days & Gulten Free!

Ages 4-15: SOS? We can help...if you are living with someone who has Celiac or someone who is at risk, you don't need to skip foods that are typical at cook outs and picnics. Cooking facts and fun based on the successful Tiny Hands Chefs with a twist! Aunts are welcome! We'll savor the fruits of our labor and clean up in this workshop that makes summertime eating a conversation piece for a Celiac and their families. Parent participation required. \$25 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

1 Session **\$28**

Instructor: Abigail Dion

242188 Longwood CC 5/5 Tu 6:00pm-8:00pm

Cooking with Chef Bryan

Ages 7-12: Fast food is way over rated but creating good food fast is way in! Whether you want to do something better than zap it, or you aspire to become a chef, this is the place to be this summer. Each day we'll create and consume a full meal including Far East favorites, marvelous Mexican meals, all American, incredible Italian, all day breakfast and more! We'll give plenty of tips on how to survive in your kitchen. You'll be able to impress your family and friends with simple yet creative and delicious meals. Price includes all materials and take home recipes. To obtain a full menu for your session, please call 240-777-6870 or email chefbryan@bryanskitchen.com.

3 Sessions **\$140**

Instructor: James B Davis

243980 Chef Bryan's Kitchen 4/14 Tu 4:30pm-6:30pm

243981 Chef Bryan's Kitchen 5/5 Tu 4:30pm-6:30pm



Wine & Dine

These very popular classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed, as well as how the wine pairs with foods, and proper ways to serve it. Wine is chosen on availability; substitutions may occur. Samples provided, no refund or allowances if you elect to refuse food or wine or if you miss class (see withdraw/refund guidelines, under registration information). Classes are popular and often have waitlists. If you register early and later discover a conflict, please call us so that we can fill your spot from the waitlist. Picture ID for proof of age 21 required at class.

New Spanish Wines

Ages 21&Up: When the rain in Spain falls mainly in the plain, that makes some great wines! No other old world country has made such enological progress in the latter half of the 20th century, helping to secure Spain's current status as one of the most exciting wine producing countries on earth. We'll delve into the major wine regions such as Rioja, Ribera del Duero, Penedes, and Rueda, and taste stellar bottlings of Spain's regional Tempranillo, Garnacha, Albarino and Verdejo grapes. No prior wine experience is necessary, just a keen curiosity about the fabulous wines of Spain! We'll pair these wonderful wines with a gazpacho bar with assorted garnishes that we will build and enjoy. We'll also prepare a sumac rubbed pork loin with sherry jus and a Spanish potato and egg tart. We cook first, clean up, then taste as many as nine wines, three with each dish. Take home recipes. \$20 food and wine fee due instructor at class.

1 Session **\$52**

Instructor: James Davis

244097 Ross Boddy CC 4/3 F 7:00pm-10:00pm

Wines For The Summer Grill

Ages 21&Up: Wine is a delicious beverage to sip with grilled foods. America's top five favorite grilled foods are steak, hamburgers, chicken, ribs and pork chops. The best advice in pairing wine with any food is to enjoy the wines you like with the foods you like, but for those seeking a little guidance, try the pairings we have put together. The menu includes marinated grilled flank steak (London Broil) with grilled asparagus, chicken grilled with red and yellow bell peppers and finally, pork chops with grilled pineapple. You will be well prepared the next time one of these favorites hits your grill. Take home recipes. We cook first, clean up, then taste as many as nine wines, three with each dish. Take home recipes. \$20 food and wine fee due instructor at class.

1 Session **\$52**

Instructor: James Davis

244098 Ross Boddy CC 5/1 F 7:00pm-10:00pm

The Wines of California's Central Coast

Ages 21&Up: Remember the movie Sideways? The central coast is where it was sited. The fertile hills and valleys, cooled by ocean breezes combine to make it a prime grape growing region featuring many fine wines. We'll be preparing a Bay-area Cioppino, which is 'a wonderful seafood stew,' served with a loaf of warm, crusty bread for sopping up the delicious broth!'. Then we're on to a Pad Thai that will make you pay attention to this wonderful imported dish. A grilled teres major steak with a creamy peppercorn sauce and rice pilaf will complete this class. Take home recipes. We cook first, clean up, then taste as many as nine wines, three with each dish. \$20 food and wine fee due instructor at class.

1 Session **\$52**
Instructor: James Davis
244099 Ross Boddy CC 6/5 F 7:00pm-10:00pm

The Art of Wine Making

Ages 21&Up: If you whine about the price of wine or can't find one to suit your tastes, this course is ripe with solutions! It is designed to provide you with a practical understanding of home wine making. It's not just squishing grapes; through lecture and demonstration, you'll discover the secret ingredients which will enable you to make great wine with confidence. Wine Making kits will be available for purchase, optional, with prices ranging \$80 and up.

1 Session **\$35**
Instructor: Richard Baldwin
242191 Ross Boddy CC 4/20 M 7:00pm-9:00pm
242192 Damascus CRC 5/18 M 7:00pm-9:00pm

Now We're Really Cooking...**Smoking & Grilling**

Ages 15&Up: Brand new backyard barbecue at it's best! New techniques and recipes will expand your palate and add to your outdoor enjoyment. We'll be smoking whole spatchcocked (you have to attend to find out what that means) chickens and preparing a chipotle smoked salmon along with grilled asparagus. Come with an appetite because we eat what we fix and we're fixin' a plenty. Take home recipes. \$15 food fee due to instructor at class.

1 Session **\$50**
Instructor: James Davis
244081 Ross Boddy CC 4/4 Sa 10:30am-1:30pm

Savory Quiche and Tarts

Ages 15&Up: Impress yourself, your family and friends and take your kitchen boredom away when you create these wonderful dishes. Home cooked recipes such as Rustic Mushroom & Onion quiche, Chevre Tomato Tart with Roasted Garlic and Ricotta and Spinach pastry. These are great by themselves or as a complete meal by simply adding a salad or a soup. Discover how simple and easy these recipes are and enjoy tasting them too. Take home recipes. \$15 food fee due to instructor.

1 Session **\$50**
Instructor: Alba Johnson
243352 Ross Boddy CC 4/14 Tu 7:00pm-9:30pm

NEW Essential Cooking Series Discount

Ages 15&Up: Register for all 3 Essential Cooking classes and save \$15! Use this course number when you register for three times the food, fun and fundamentals. Remember to bring an appetite to each class because we eat what we fix. Take home recipes will be provided. A \$15 food fee is due to the instructor at the beginning of each class.

3 Sessions **\$135**
Instructor: James Davis
244030 Ross Boddy CC 4/18 Sa 10:30am-1:30pm

Essential Greek Cooking

Ages 15&Up: To Athens and beyond! In every culture, there is a handful of foods that make up its national table. They define its cuisine, reflect its geography and agricultural heritage and they interact with other cultures. In Greece, where the sea is never far and sunshine is abundant, the typical food basket contains generous amounts of fresh seafood, locally grown livestock, grains and vegetables, as well as olives, olive oils and herbs infused with the ripe, full flavors of earth and sun. In the traditional diet, meat is used sparingly. We'll be working with recipes provided by Evelyn, my friend in Athens; spanikopita, the traditional spinach pie made with filo dough is first, then lamb with orzo pasta and briami (wonderful Greek roasted vegetables). Bring an appetite to class because we eat what we fix. Take home recipes will be provided. A \$15 food fee is due to the instructor at class.

1 Session **\$50**
Instructor: James Davis
244082 Ross Boddy CC 4/18 Sa 10:30am-1:30pm

Essential Argentinean Cooking

Ages 15&Up: The wonders of South America's favorite cuisine! Argentina is known throughout the world for its lean beef, usually served as an asado-which means grilled. Various cuts of beef, pork and chicken will be cooked over medium heat on our big charcoal grill, so that the meat is rare and juicy on the inside, while the skin is crunchy and well done. We will also make our own chimichurri sauce, the very flavorful sauce traditionally served with Argentinean cuisine and we'll add a vegetable gratin with cheese sauce for our side dish. We eat what we fix so bring an appetite. Take home recipes will be provided. A \$15 food fee is due to the instructor at first class.

1 Session **\$50**
Instructor: James Davis
244090 Ross Boddy CC 4/25 Sa 10:30am-1:30pm

Essential German Cooking

Ages 15&Up: The best of one of Europe's most well recognized cuisines! German cuisine has evolved through centuries of social and political change. Ingredients and dishes vary by province and there are many significant regional dishes that have become both national and international favorites. We will be preparing dishes from four different regions and will include zwiebelkuchen (Onion Pie), wurstsalat (Sausage salad), wiener schnitzel (pork cutlets in pastry) and gedunsteter rotkohl (stewed red cabbage). Remember to bring your appetite to class because we eat what we fix. Take home recipes will be provided. A \$15 food fee is due to the instructor at class.

1 Session **\$50**
Instructor: James Davis
244091 Ross Boddy CC 5/2 Sa 10:30am-1:30pm

Mexican Cooking

Ages 15&Up: The secret to wonderful south-of-the-border cooking! When the conquistadores arrived in the Aztec capital Tenochtitlan (now Mexico City), they found that the people's diet consisted largely of corn-based dishes. The conquistadores combined their diet of rice, beef, pork, chicken, wine, garlic and onions with the native foods and the result is pretty much what we have today in fine Mexican cooking. We will prepare enchiladas stuffed with chicken, beef, pork or cheese with our own enchilada gravy (sauce) along with Mexican rice and frijoles negros (black beans). This class features take home recipes as well as plenty to eat! So bring an appetite and join us. A \$15 food fee is due to the instructor at first class.

1 Session **\$50**
Instructor: James Davis
244092 Ross Boddy CC 4/21 Tu 7:00pm-9:30pm





Turkish Delightfuls

Ages 15&Up: Turkish cuisine is largely the heritage of Ottoman cuisine, which is a fusion and refinement of Central Asian, Middle Eastern and Balkan cuisines; rich in its use of vegetables and spices and deliciously easy to prepare. Experience the flavors of Turkish cuisine and learn to prepare Turkish meatballs with fresh herbs and spices, tabbouleh and Turkish vegetable stew a ratatouille like stew. Take home recipes. \$15 food fee due to instructor.

1 Session **\$50**

Instructor: Alba Johnson
243362 Ross Boddy CC 4/28 Tu 7:00pm-9:30pm

Trattoria Cooking

Ages 15&Up: Why this informal Italian eating style is so popular! We will be visiting a Trattoria in Italy's Umbria region (Central Italy, just east of Tuscany) with a bread salad with tomatoes and olives (panzanella) then penne with cauliflower and leeks and pollo alla diavola ('devil's-style chicken'), a spicy roast chicken that you will love! This class features take home recipes as well as plenty to eat! So bring an appetite and join us. A \$15 food fee is due to the instructor at class.

1 Session **\$50**

Instructor: James Davis
244093 Ross Boddy CC 5/5 Tu 7:00pm-9:30pm

Lunch, Brunch or Dinner

Ages 15&Up: Eggs are incredibly versatile! So often we only consider them for breakfast or as an ingredient in cakes and meatloaf. We'll create savory egg dishes fit for a lunch, brunch or dinner and also great for entertaining special guests. Come savor while learning how to prepare Greek spinach feta frittata, lemon camembert eggs with chives, spaghetti and zucchini frittata. Yum! Take home recipes. \$15 food fee due to instructor.

1 Session **\$50**

Instructor: Alba Johnson
243366 Ross Boddy CC 5/7 Th 7:00pm-9:30pm

Knife Skills

Ages 18&Up: The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else. This hands-on class emphasizes proper technique, safety, selection of proper knives, care and upkeep. Use our knives, bring your own (we'll evaluate them) or purchase new ones from the line of professional knives we have available (and get a discount). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class.

1 Session **\$50**

Instructor: James Davis
243982 Ross Boddy CC 5/16 Sa 10:30am-1:30pm

The Great \$10 Spanish Dinner

Ages 15&Up: Home style entertaining fun without the stress! Now this is the way to plan a party! We'll make easy to do at home recipes that will show off your newly acquired cooking skills AND do it without breaking the bank. You can do this dinner at home for under \$10 per person (including wine). Wonderful chicken thighs with a spicy tomato pepper sauce, braised romaine with toasted almonds and white Balsamic syrup and easy to-do-at home steak fries. All this and more will make a wonderful Dinner Party Table. Remember to bring your appetite to class because we eat what we fix. Take home recipes will be provided. A \$15 food fee is due to the instructor at class.

1 Session **\$50**

Instructor: James Davis
244094 Ross Boddy CC 5/19 Tu 7:00pm-9:30pm

Mediterranean Prudent Gourmet

Ages 15&Up: Mediterranean dishes are always prepared with fresh and aromatic ingredients. You'll see how you can save Euros, oops, dollars and still prepare gourmet recipes. Delight in such recipes as chicken breast with orzo, carrots and dill, Sicilian stuffed tomatoes and peppers, and Greek rice with onions mushrooms feta. Delicious dishes that you'll want to devour! Take home recipes. \$15 food fee due to instructor.

1 Session **\$50**

Instructor: Alba Johnson
243368 Ross Boddy CC 5/21 Th 7:00pm-9:30pm

Down to the Bayou!

Ages 15&Up: Down L'usiana way where they know how to fix real seafood! We'll explore their wonderful traditions as we start with a wonderful seafood, sausage and chicken gumbo, then on to linguine with Cajun-spiced shrimp and corn and of course we have to finish with hand made beignets. This will be a meal you won't soon forget Come with an appetite because we eat what we fix and we're fixin' a plenty. Take home recipes. \$15 food fee due to instructor at class.

1 Session **\$50**

Instructor: James Davis
244095 Ross Boddy CC 5/30 Sa 10:30am-1:30pm

Creative Cooking Techniques

Ages 15&Up: Cooking in comfort without recipes! By popular demand the return of a class that sold out the last two sessions. This series of classes is designed to assist you in becoming very much at ease in your home kitchen. We'll use guidelines and experience rather than recipes, ratios more than measurements and touch and appearance more than time. In addition to marvelous food, each class will feature different exercises to help you improve your cooking skills. We'll spend time on knife skills, cooking techniques, roasting requirements and even how to braise a tough cut of meat so it's fall apart tender! Each student will devise their own menu during each class session, so we can only list general categories. Session I will be red meat, stocks and root vegetables; session II will be lighter meats (pork and chicken), green vegetables and sauces; the final session will be seafood, pasta and salads. \$50 food fee at the first session payable to the first class.

3 Sessions **\$150**

Instructor: James Davis
243984 Ross Boddy CC 6/2 Tu 7:00pm-9:30pm

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Be Your Own Economic Personal Chef!

Ages 15&Up: 'The secrets of 'fix ahead food.' You will cook with the experts and learn how to prepare 2 weeks worth of food at a time AND how to save money in the process.. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. We will prepare a full lunch as part of the experience, so come with an appetite. Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee due instructor at class time.

1 Session **\$63**
Instructor: James Davis
243983 Ross Boddy CC 6/13 Sa 10:30am-2:30pm

Preferred & Simple French Favorites

Ages 15&Up: Foods that form the center of wonderful cooking! First, we'll create a downright killer French onion soup topped with all that marvelous gruyere cheese; then on to a pan seared filet of white fish, served with a typical French mushroom cream sauce and finish with pan roasted potatoes and haricot verts. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. A \$15 food fee is due to the instructor at first class.

1 Session **\$50**
Instructor: James Davis
244096 Ross Boddy CC 6/20 Sa 10:30am-1:30pm

Sunny Salads from the Tropical Vegan Kitchen

Ages 15: When the sunny skies and balmy breezes of the tropics beckon, it's time to bring paradise right into your kitchen! Get ready for your swimsuit season with healthy and refreshing tropical salads that are free of meat, eggs and dairy. Join local cookbook author Donna Klein as she demonstrates these funtastick vegan foods: 'Brazilian black bean and coconut rice salads, Caribbean potato salad with mango, Hawaiian sesame-cabbage salad and Thai glass noodle salad with peanuts. Samples provided. \$5 food fee of paid to instructor at class.

1 Session **\$40**
Instructor: Donna Klein
242580 Tilden MS 4/29 W 7:00pm-9:30pm

**Exercise & Fitness for Youth**

For more Youth Programs, see *Instructional Sports for Youth & Adults*. Youth ages 13-15 may attend some Adult Fitness, Exercise, and Wellness classes if accompanied by an adult. See individual class description.

Baton 1 Beginner

Ages 4-10: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email zipjld@aol.com

7 Sessions **\$43**
Instructor: Julianna Duda
243033 McAuliffe, S. Christa ES 4/20 M 3:15pm-4:00pm
243034 Olney ES 4/21 Tu 6:15pm-7:00pm
243036 Germantown CC 4/22 W 5:00pm-5:45pm
243037 Damascus ES 4/23 Th 6:30pm-7:15pm
243038 Damascus CRC 4/23 Th 4:30pm-5:15pm
243039 Kingsview MS 4/25 Sa 9:30am-10:15am

Cheerleading 1

Ages 5-14: Beginner: Don't miss this exciting 4 week cheerleading program! Students will learn new cheers and chants, proper motions, tumbling, safe stunting, and dynamic choreography. Questions: Call Phil Brudner at 301-865-0666.

4 Sessions **\$71**
Instructor: Philip Brudner
242637 Germantown CC 4/21 Tu 5:00pm-7:00pm

The Ultimate Boxing Workout for Youth

Ages 6-15: Beginners (Adults are encouraged to join, see Exercise and Fitness for Adults). Beginner-Advanced: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$68**
Instructor: Larry Johnson
243301 Upper County CC 4/14 Tu 5:45pm-7:00pm
243302 Wheaton CC 4/15 W 5:30pm-6:45pm
243303 East County CC 4/16 Th 5:45pm-7:00pm
243304 Kingsview MS 4/17 F 6:00pm-7:15pm
243305 Marilyn J. Praisner CC 4/18 Sa 10:00am-11:15am
243300 Bethesda-Chevy Ch HS 4/20 M 6:15pm-7:30pm

The Dynamic Ab Workout-Youth

Ages 10-15: (Adults are encourage to join-See Exercise and Fitness for Adults.) Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a com-

Get your kids up and moving, register them in one of our exercise classes today!

plement to The Ultimate Boxing Workout for Youth or Adult. Questions call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor: Larry Johnson

243318 Upper County CC 4/14 Tu 7:00pm-7:45pm

243319 East County CC 4/16 Th 7:00pm-7:45pm

243320 Marilyn J. Praisner CC 4/18 Sa 12:30pm-1:15pm

243317 Bethesda-Chevy Ch HS 4/20 M 7:30pm-8:15pm

The Ultimate Jump Off-Youth

Ages 6-15: (Adults are encouraged to join-See, Exercise and Fitness for Adults.) Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a former kickboxing champion with 28 years experience. Use it alone or as a complement to The Ultimate Boxing Workout. Questions call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor: Larry Johnson

243297 Upper County CC 4/14 Tu 7:45pm-8:30pm

243298 East County CC 4/16 Th 7:45pm-8:30pm

243299 Marilyn J. Praisner CC 4/18 Sa 1:15pm-2:00pm

243296 Bethesda-Chevy Ch HS 4/20 M 8:15pm-9:00pm

NEW Brain Body Enhancement (BBE)

Ages 5-12: BBE (Brain/Body Enhancement) is a children's yoga program that utilizes highly enjoyable activities to build self confidence, focus and harmonically social relationships. BBE increase flexibility; balance in life and teaches stress relief techniques that can be utilized throughout life. For more information contact Mulu at remynate@starpower.net

9 Sessions \$90

Instructor: Mulu Getachew

243196 Jones Lane ES 4/16 Th 3:15pm-4:15pm

Introduction to Weight Training-Youth

Ages 13-15: Small group introduction into weight training for teens designed to teach weight room etiquette, proper stretching, cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Assistance in developing a personal program for you to continue on your own. Instructor is a Certified Trainer. Completion of program will allow teens to purchase an Exercise Room Pass at a reduced price (with adult, 18&Up, supervision)! Questions call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301-774-7184 or email dcschwanke@yahoo.com.

4 Sessions \$71

Instructor: Douglas Schwanke

243342 Potomac CC 4/18 Sa 9:30am-10:30am

Instructor: Fred Mosby

243344 Germantown CC 4/18 Sa 10:00am-11:00am

243343 Damascus CRC 5/16 Sa 10:00am-11:00am

Junior Jazzercise

Ages 5-12: Specialized noncompetitive dance fitness program for children. Benefits cardiovascular fitness, basic dance techniques, flexibility and coordination. Participants should wear loose clothes and tennis shoes. Questions Call Jennifer Sambataro at 301-916-3533.

6 Sessions \$43

Instructor: Jennifer Sambataro

243041 Poolesville ES 4/17 F 3:20pm-4:05pm



Exercise & Fitness for Adults

Ballet Exercise

Ages 16&Up: Stretching, toning, balance, coordination and low impact cardio workout to classical music. Increase energy and flexibility, improve posture and body awareness. Wear comfortable clothing. Bring light hand weights, a mat, soft ballet shoes (or barefeet) and tennis shoes. Instructor: former professional dancer, ACE certified, owner Fitness Care LLC and 25 years experience. Question call 301-942-5168

11 Session \$66

Instructor: Esther Kish

243321 Luxmanor ES 3/31 Tu 7:15pm-8:15pm

Bio Aerobics Cardio Fit High/Low

Ages 16&Up (13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member FITA & CPR certified instructors. Questions call 410-519-4186

16 Sessions \$74

Instructor: Company Bio Aerobics Inc.

243060 Great Seneca Creek ES 4/14 Tu, Th 6:30pm-7:30pm

243061 Germantown CC 4/16 Th, M 7:00pm-8:00pm

Bio Aerobics Tone & Firm

Ages 16&Up (13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Please bring a mat or towel. Resistance devices optional. Instructors are FITA and CPR certified. Questions call 410-519-4186

16 Sessions \$74

Instructor: Company Bio Aerobics Inc.

243062 Banneker, Benjamin MS 4/14 Tu, Th 7:45pm-8:45pm

NEW Body Sculpt

Ages 16&Up: Non impact, weight training style workout. Designed to tone your body and make it lean. We use weights, resistance bands, and your body to get the ultimate workout. BYOW--Bring your own weights. (5 lb. weights and resistance bands are provided.)

8 Sessions \$48

Instructor: Studio 310

243048 Studio 310 4/17 F 9:30am-10:30am



The Ultimate Boxing Workout

Ages 16&Up: (Youth are encourage to register; see Exercise and Fitness for Youth.) Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to Dynamic Ab Workout. Questions call Larry Johnson at 301-681-3344.

8 Sessions \$68

Instructor: Larry Johnson

243306	Upper County CC	4/14	Tu	5:45pm-7:00pm
243308	Wheaton CC	4/15	W	5:30pm-6:45pm
243309	East County CC	4/16	Th	5:45pm-7:00pm
243310	Kingsview MS	4/17	F	6:00pm-7:15pm
243311	Marilyn J. Praisner CC	4/18	Sa	11:15am-12:30pm
243307	Bethesda-Chevy Ch HS	4/20	M	6:15pm-7:30pm

The Dynamic Ab Workout

Ages 16&Up: (Youth are encourage to register; see Exercise and Fitness for Youth.) Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor: Larry Johnson

243314	Upper County CC	4/14	Tu	7:00pm-7:45pm
243315	East County CC	4/16	Th	7:00pm-7:45pm
243316	Marilyn J. Praisner CC	4/18	Sa	12:30pm-1:15pm
243313	Bethesda-Chevy Ch HS	4/20	M	7:30pm-8:15pm

The Ultimate Jump Off

Ages 16&Up: (Youth are encouraged to register; see Exercise and Fitness for Youth.) Learn jump rope techniques that will optimize cardiovascular conditioning and maximize athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions call Larry Johnson at 301-681-3344.

8 Sessions \$43

Instructor: Larry Johnson

243289	Upper County CC	4/14	Tu	7:45pm-8:30pm
243290	East County CC	4/16	Th	7:45pm-8:30pm
243291	Marilyn J. Praisner CC	4/18	Sa	1:15pm-2:00pm
243288	Bethesda-Chevy Ch HS	4/20	M	8:15pm-9:00pm

Cardio Core Conditioning

Ages 16&Up: Join Sabrina for a challenging cardio workout sure to get your heart pumping! Cardio challenge with integrated core work, lunges, and a pair of 5 to 10 pound weights will help you to sculpt your body in the next 8 weeks! This is a total body workout for adults. Please bring a pair of weights, mat, and a towel. Water is also encouraged. Questions contact Sabrina at sabrinamcnair@yahoo.com or 240-354-1661.

8 Sessions \$55

Instructor: Sabrina McNair

245536	East County CC	4/15	W	7:45pm-8:30pm
245537	East County CC	4/18	Sa	10:15am-11:00am

Circuit Training

Ages 16&Up: Circuit training is an excellent way to simultaneously improve mobility, strength and stamina. The circuit training format utilizes a combination of strength training and cardiovascular conditioning exercises that are completed one exercise after another. Use it alone or as a complement to the Core and Stretch Conditioning. The instructor is a certified personal trainer. Doug Schwanke at 301-774-7184 or email at dcschwanke@yahoo.com

7 Sessions \$32

Instructor: Douglas Schwanke

245138	Potomac CC	4/15	M, W	7:00pm-7:30pm
245139	Leland CC	5/11	M, W	7:00pm-7:30pm

Core and Stretch Conditioning

Ages 16&Up: A concentrated 30 minute abs style class that will work your core muscles (abs, low back, obloquies, etc) using calisthenics, resistance bands, and dumbbells followed by stretching. Instructor is a certified Personal Trainer. Question call Doug Schwanke at 301-774-7184 or email dcschwanke@yahoo.com

7 Sessions \$32

Instructor: Douglas Schwanke

242667	Potomac CC	4/15	W, M	7:30pm-8:00pm
242668	Leland CC	5/11	M, W	7:30pm-8:00pm



YOU CHOOSE THE START DATE!

Register Anytime For These Programs! Enjoy workouts at locations and times convenient to your schedule. Passes are valid from your date of registration for the specified number of months and/or sessions.

A.C.T. The Workout

Ages 16&Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Program is designed to allow self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. **Take your receipt to any class location below to pick up your session pass from the instructor.** Your pass is valid for 3 months from the first class attended at any ACT location.

Class Locations	Days	Times
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Praisner Community Center	M, W	7:00-8:00pm
Wayside ES	M, W	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

Register anytime from April 1-May 28 for these course passes.

12 Sessions	\$60.00
243222	
243223	
18 Sessions	\$80.00
243225	
243226	
24 Sessions	\$100.00
243228	
243229	
36 Sessions	\$145.00
243231	
243232	

Jazzercise

Ages 16&Up: Includes Includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, Yoga, kick-boxing and FUN for every age and fitness levels. **Take your receipt to any class location below to pick up your session pass from the instructor.** Please bring exercise mat and handheld weights (optional). Questions call Diane Elmore at 301-330-0896 or email dielmojazz@verizon.net. Your pass is valid for 2 months at any Jazzercise location listed.

Class Locations	Days	Times
Upper County CC	M/W	6:30pm-7:30pm
Damascus CC	M/W	7:00pm-8:00pm

Register anytime from April 1-May 28 for these course passes.

2-Month Pass	\$97
Instructor: Diane Elmore	
243324	

The Sergeant's Program

Ages 18&Up: An outdoor, no frills, military style program offering result-based structured workouts by highly trained instructors. Co-ed training for all fitness levels. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance. Out of Shape? Attend a beginner Boot Camp. In good shape? You will love our Maintenance Program. Classes meet 5 days/wk (M-F) **Take your receipt to any class location listed below.** Your pass is valid for 2 months (40 sessions) from the first class attended.

Location addresses on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-994-1230 ext. 712

Register anytime from April 1-May 28 for these course passes.

Boot Camp & Maintenance Program

For students new to the Sergeant's Program.

Two-Months (40 Session) \$ 299
244083

Class Locations	Days	Times
Germantown	M-F	5:50am-6:50am
Rockville-AM	M-F	5:45am-6:45am
Potomac	M-F	9:05am-10:05am
Olney	M-F	5:30am-6:30am
Avenel	M-F	6:00am-7:00am
Silver Spring-AM	M-F	5:45am-6:45am
Silver Spring-PM	M-F	6:30pm-7:30pm
Bethesda	M-F	5:50am-6:50am
Chevy Chase	M-F	5:45am-6:45am
Damascus	M-F	5:45am-6:45am

The Sergeant's Program, Continuing

Ages 18&Up: Continuing student's who have taken either Boot Camp or Maintenance Sergeant's Program through MCRD in the past. **Take your receipt to any class location listed below. Location addresses and times can be found on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-994-1230 ext. 712**

Location addresses on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-994-1230 ext. 712

Register anytime from April 1-May 28 for these course passes.

Two-Months (40 Session) \$ 239
244084

Class Locations	Days	Times
Germantown	M-F	5:50am-6:50am
Rockville-AM	M-F	5:45am-6:45am
Potomac	M-F	9:05am-10:05am
Olney	M-F	5:30am-6:30am
Avenel	M-F	6:00am-7:00am
Silver Spring-AM	M-F	5:45am-6:45am
Silver Spring-PM	M-F	6:30pm-7:30pm
Bethesda	M-F	5:50am-6:50am
Chevy Chase	M-F	5:45am-6:45am
Damascus	M-F	5:45am-6:45am



Dance & Fitness

Ages 16&Up (13-15 if accompanied by a parent/guardian): Complete cardiovascular aerobic workout for all those who love music and movement—women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions email dancenfitness@verizon.net

18 Sessions \$99

Instructor: Lois Schneider Antos

243024 Veirs Mill LP 4/14 Tu, Th 9:30am-10:30am

Instructor: Katy Wiemers

243027 Rock View ES 4/14 Tu, Th 7:00pm-8:00pm

Instructor: Alice Donnelly

243026 Potomac CC 4/14 Tu, Th 6:00pm-7:00pm

Instructor: Trish Baker

243025 Bauer Drive CC 4/14 Tu, Th 4:30pm-5:30pm

16 Sessions \$88

Instructor: Jinjer Azuree

243028 Leland CC 4/15 W, M 6:00pm-7:00pm

Instructor: Elaine Waldstreicher

243030 Glenallan ES 4/15 W, M 7:30pm-8:30pm

Instructor: Angela Martz

243029 Flower Hill ES 4/15 W, M 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 16&Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday-Thursday or Saturday during our regular classes and keep dancing at a different location! Questions contact dancenfitness@verizon.net

9 Sessions \$50

Instructor: Katy Wiemers

243031 Veirs Mill LP 4/18 Sa 9:00am-10:00am

\$50

Instructor: see any of the regular locations

243032 TBA 4/14 M-Th see above

Definitions Low Impact Aerobics

Ages 16&Up: Get your heart rate up with the best of low impact aerobics! Join Judy Brook's choreography based, fun and creative one-hour class. Judy is a AFAA and CPR certified instructor. Teaching level is beginner to intermediate. Be prepared to enjoy yourself and workout at the same time. Questions call Juliet Rodman at 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

17 Sessions \$102

Instructor: Judy Brookes

243262 Clara Barton CC 4/17 F, M 9:15am-10:15am

Definitions Mat Pilates

Ages 16&Up: A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE & CPR certified. Questions call Juliet Rodman at 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

9 Sessions \$81

Instructor: Melissa Brown

243263 Clara Barton CC 4/15 W 8:30am-9:15am

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. Learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates. Questions call Juliet Rodman at 301-229-7555 or email Juliet@wellnesscorporatesolutions.com

18 Sessions \$108

Instructor: Julianne Litckow

243260 Clara Barton CC 4/14 Tu, Th 9:15am-10:15am

Instructor: Nikki Couloumbis

243261 Clara Barton CC 4/14 Tu, Th 6:30pm-7:30pm

Dynaerobics

Ages 16&Up (13-15 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan-Doyle@aol.com

14 Sessions \$81

Instructor: Lee Berry

243197 Wyngate ES 4/20 M, W 6:00pm-7:00pm

Instructor: Nancy Dameron

243198 Cloverly ES 4/20 M, W 6:30pm-7:30pm

Instructor: Gail Oring

243199 Bauer Drive CC 4/21 Tu, Th 6:00pm-7:00pm

7 Sessions \$40

Instructor: Regina Gaither

243201 Bauer Drive CC 4/25 Sa 10:00am-11:00am



Dynaerobics Body Challenge

Ages 16&Up (13-15 if accompanied by a parent/guardian): A full 75 minutes of Coed fitness. Includes high and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact FerhanDoyle@aol.com

14 Sessions **\$101**

Instructor: Lee Berry
243205 Bauer Drive CC 4/21 Tu, Th 7:00pm-8:15pm

Dynaerobics Body Sculpting

Ages 16&Up (13-15 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact FerhanDoyle@aol.com

14 Sessions **\$81**

Instructor: Regina Gaither
243206 Tilden MS 4/20 M, W 6:00pm-7:00pm

Instructor: Gina Dols
243207 Bauer Drive CC 4/20 M, W 6:00pm-7:00pm

7 Sessions **\$40**

Instructor: Regina Gaither
243208 Bauer Drive CC 4/25 Sa 11:00am-12:00pm

Group Workout Pilates On The Ball

Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 202-210-3234 or email fmosby@comcast.net

12 Sessions **\$110**

Instructor: Fred Mosby
243353 Damascus CRC 4/15 W, M 6:00pm-7:00pm

243354 Germantown CC 4/16 Th, Tu 6:00pm-7:00pm



*Exercise can
help keep your
bones healthy
and strong.
Sign up for a
class today!*

Jacki Sorensen's Aerobic Dance

Ages 16&Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand or ankle weights (optional). Questions call Karin at 301-414-0058.

9 Sessions **\$54**

Instructor: Karin Baker

242662 Potomac CC 4/14 Tu 9:00am-10:00am

242663 Potomac CC 4/16 Th 9:00am-10:00am

Jacki Sorensen's Strong Step

Ages 16&Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use, call instructor to verify availability at 301-414-0058.

9 Sessions **\$54**

Instructor: Karin Baker

242664 Potomac CC 4/17 F 9:00am-10:00am

Jazzmatazz Low Impact Aerobics

Ages 16&Up: A terrific combination of Pilates Mat Work and low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week for the best results.

10 Sessions **\$60**

Instructor: Betsy Saunders

243214 Marilyn J. Praisner CC 4/14 Tu 5:30pm-6:30pm

243215 Marilyn J. Praisner CC 4/16 Th 5:30pm-6:30pm

243216 Wheaton CC 4/14 Tu 7:15pm-8:15pm

243217 Wheaton CC 4/16 Th 7:15pm-8:15pm

Jazzmatazz Aerobics Light

Ages 18&Up: Active Seniors & Beginners. A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength & flexibility. To achieve best results, students are strongly encouraged to register for both days.

10 Sessions **\$60**

Instructor: Betsy Saunders

243211 Wheaton CC 4/14 Tu 9:00am-10:00am

243212 Wheaton CC 4/16 Th 9:00am-10:00am

Jazzmatazz Pilates

Age 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

8 Sessions **\$60**

Instructor: Betsy Saunders

243218 Sligo MS 4/20 M 7:00pm-8:15pm

9 Sessions **\$68**

Instructor: Betsy Saunders

243219 Sligo MS 4/22 W 7:00pm-8:15pm



Kelley's Complete Fitness Workout

Ages 13&Up: A safe, effective program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pam at 301-774-6342

9 Sessions \$68

Instructor: Pamela Kelley

243337 Bauer Drive CC 4/15 W 9:00am-10:15am

243338 Longwood CC 4/15 W 7:15pm-8:30pm

7 Sessions \$53

Instructor: Pamela Kelley

243336 Wheaton CC 4/20 M 9:00am-10:15am

Kelley's Extended Workout

Ages 13&Up: Same program as above, but with an extended, more intense stretch time. Bring mat or towel; light hand weights optional. Instructor has a BS Degree in Physical Education with 20 plus years of experience. Questions contact Pam at 301-774-6342

9 Sessions \$81

Instructor: Pamela Kelley

243340 Wheaton CC 4/16 Th 9:00am-10:30am

7 Sessions \$63

Instructor: Pamela Kelley

243339 Longwood CC 4/20 M 7:00pm-8:30pm

Kickboxing

Ages 16&Up: High impact, taekwondo style workout designed to make you sweat and shed those unwanted pounds.

8 Sessions \$48

Instructor: Studio 310

242643 Studio 310 4/15 W 7:30pm-8:30pm

242642 Studio 310 4/20 M 7:30pm-8:30pm

NEW LIA Power House

Ages 18&Up: LIA Power House-Low Impact Aerobics Power Hour! Nothing fancy-just moves designed to make you sweat! Cardio, strength and stretch included every session. Drop the kids off at school and join me for a great workout. All levels welcome. Email Bridgit for more information at bfit@gottamove.us.

8 Sessions \$48

Instructor: Bridgit Avon

243044 Damascus CRC 4/20 M 9:45am-10:45am

Mat Pilates

Ages 16&Up: Pilates challenges the entire body while strengthening the core. Strong abdominals, healthy back, flexibility, and better posture await you! Also great for your balance and overall body strength. Please bring mat or towel. Water is also encouraged. Questions contact Sabrina at: sabrinamcnair@yahoo.com or #240-354-1661.

8 Sessions \$45

Instructor: Sabrina McNair

245538 East County CC 4/14 Tu 8:00pm-8:45pm

245539 East County CC 4/18 Sa 11:15am-12:00pm

NEW Mat Pilates at Studio 310

Ages 16&Up: A class designed to build over all strength, flexibility, tone your body, and leave you feeling great. Non impact, mat style workout designed to make you sweat and make you strong from the inside.

8 Sessions \$73

Instructor: Studio 310

243049 Studio 310 4/20 M 10:30am-11:30am

Movin' with Millie: Aerobic Slimnastics

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength training. Please bring mat, dynaband, and hand weights to class. Questions call Millie at 301-588-3577.

10 Sessions \$65

Instructor: Mildred Norwood Trimble

243063 Pilgrim Hills LP 4/15 W 9:30am-10:45am

243064 Pilgrim Hills LP 4/17 F 9:30am-10:45am

Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301-774-7184 or dcschwanke@yahoo.com

4 Sessions \$71

Instructor: Douglas Schwanke

243346 Potomac CC 4/18 Sa 10:30am-11:30am

Instructor: Fred Mosby

243347 Germantown CC 4/18 Sa 11:00am-12:00pm

243348 Damascus CRC 4/27 M 7:15pm-8:15pm

243350 Germantown CC 4/30 Th 7:15pm-8:15pm

243349 Damascus CRC 5/16 Sa 11:00am-12:00pm

NEW Total Body Conditioning

Ages 18&Up: High impact, nonstop, boot camp style workouts that will really make your muscles burn while you burn those unwanted calories. In this class you will use benches, light weights, resistance bands, and other fitness techniques to get your muscles toned.

8 Sessions \$48

Instructor: Studio 310

245137 Studio 310 4/14 Tu 6:00am-7:00am

I've never been in better shape. I'm more mentally confident and physically fit. I feel great!

Wellness

NEW The Labyrinth:

An Ancient Meditation Tool

Ages 18&Up: Labyrinths have been used for thousands of years as non-denominational tools for meditation, relaxation, healing, enlightenment and more. Anyone can experience benefits simply by walking the labyrinth's path. No meditation training is needed. We'll use an indoor labyrinth and start with brief instructions for walking, then a simple guided meditation, and finally participants can move onto the labyrinth at their own pace. Soft music and lighting are used to enhance the experience. Walk this ancient path to reflect, relax and find your center. More information can be found on www.seeking-peace.com.

4 Sessions **\$44**

Instructor: Joyce Rains

243341 Tilden Woods LP 4/16 Th 7:00pm-8:00pm

244089 Tilden Woods LP 5/14 Th 7:00pm-8:00pm

Tai Chi, Beginning

Ages 16&Up (13-15 if accompanied by a parent/guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome.

9 Sessions **\$81**

Instructor: Neil Levine

245048 Potomac CC 4/14 Tu 7:00pm-8:00pm

Instructor: Lon Holland

242632 Wheaton CC 4/15 W 7:15pm-8:15pm

8 Sessions **\$72**

Instructor: Andy Shettino

242630 Bauer Drive CC 4/20 M 7:00pm-8:00pm

Tai Chi, Continuing

Ages 16&Up (13-15 if accompanied by a parent or guardian): Continuing Students Level II.

9 Sessions **\$81**

Instructor: Lon Holland

242636 Wheaton CC 4/15 W 8:15pm-9:15pm

8 Sessions **\$72**

Instructor: Andy Shettino

242633 Bauer Drive CC 4/20 M 8:00pm-9:00pm



NEW Tai Chi Chuan III

Ages 16&Up: For Intermediate. The 24 form simplified Yang style Tai Chi (taijiquan) is aimed at beginning intermediate students. Although the 24 forms have been simplified by reducing the repetition of moves and some of the more difficult kicks, it still contains the traditional characteristics of the Yang style. Depending on how fast or slow you go, the whole sequence takes 5 to 8 minutes. The 24 form is the most popular tai chi form practiced in the world today. Wear comfortable, loose fitting clothing and flat sole shoes. Questions contact Louise at 301-768-0059

7 Sessions **\$95**

Instructor: Louise Liu

244085 Kingsview MS 4/20 M 6:30pm-8:00pm

244086 Bethesda-Chevy Ch HS 4/21 Tu 6:30pm-8:00pm

244087 Kingsview MS 4/25 Sa 10:30am-12:00pm

Qi Gong-Introduction

Ages 18&Up: Relax your body, calm you mind, and refresh your heart with a series of graceful movements that stimulate the flow of energy. Sometimes called Chinese Yoga, Qi Gong consists of easy-to-learn, graceful movements that are easy-to-do and suitable for all ages and abilities. Through regular practice of Qi Gong discover a way to relax and enhance your health, happiness and overall well-being. Classes are conducted in an informal, relaxed manner by a trained Qi Gong instructor. Wear nonrestrictive clothing. Questions please contact Mike at 202-258-1008

10 Sessions **\$72**

Instructor: Michael Kornely

243023 Pinecrest LP 4/18 Sa 10:30am-11:45am

Qi Gong: A Different Exercise

Ages 16&Up: Beginners: Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor. Questions call Bob at 240-223-7136

8 Sessions **\$89**

Instructor: Bob Kramer

242644 Germantown CC 4/14 Tu 7:00pm-8:30pm

If you would like to make a tax deductible donation to Friends of Recreation, which helps support Department facilities or enables a needy child or teen to enjoy a positive recreation experience, simply make your check payable to Montgomery Parks Foundation and indicate how you want your gift to be used.

Send your check to: Friends of Recreation,
4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at www.montgomerycountymd.gov/rec.

**Friends of
RECREATION**
Montgomery County

Qi Gong-Continuing Students

Ages 16&Up: Practiced for thousands of years in China for health and longevity; it is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, takes only 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Continuing class taught at same time as beginning class above. Martial Arts Master instructor. Questions call Bob at 240-2237136

8 Sessions \$62
Instructor: Bob Kramer
242645 Germantown CC 4/14 Tu 7:00pm-8:30pm

Gentle Yoga

Ages 16&Up: Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Instructor encourages students to go at their own pace. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact instructor with questions: (Irene Bopp) Irene54@aol.com, (Sherry Weber) massageworks3@verizon.net, (Robin Richmond) 301-608-0771

9 Sessions \$81
Instructor: Irene Bopp
242623 Bauer Drive CC 4/14 Tu 6:15pm-7:15pm

8 Sessions \$72
Instructor: Sherry Weber
242621 Longwood CC 4/20 M 5:00pm-6:00pm

8 Sessions \$90
Instructor: Robin Richmond
242622 Gwendolyn Coffield CC 4/20 M 10:00am-11:15am
242625 Long Branch CC 4/22 W 9:30am-10:45am
242624 Leland CC 4/23 Th 9:30am-10:45am

NEW Hatha Yoga All Levels

Ages 16&Up: Hatha Yoga (All Levels) Yoga is an ancient and systematic approach to good health and well-being that helps to reduce stress, improve concentration and develop strength, flexibility and balance. Instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Modifications to the poses will be provided so that practitioners at all levels may participate. Wear non-restrictive clothing and bring a yoga mat to class. Please contact the instructor with questions at mercedita@verizon.net or 240-676-2914.

7 Sessions \$79
Instructor: Mercedes Santos
242641 Long Branch CC 4/20 M 9:15am-10:30am

Hatha Yoga with Rudra

Ages 16&Up: Basic beginner's level class, continuing students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

8 Sessions \$111
Instructor: Richard Tyson
243244 Bauer Drive CC 4/14 Tu 10:30am-12:00pm
243241 Norbeck-Mncstr Mill NP 4/16 Th 7:00pm-8:30pm
243243 Germantown CC 4/18 Sa 9:00am-10:30am

6 Sessions \$83
Instructor: Richard Tyson
243239 Norbeck-Mncstr Mill NP 4/20 M 7:00pm-8:30pm

Hatha Yoga with Rudra, Continuing

Ages 16&Up: Continuing Students & Beginners welcome. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

8 Sessions \$111
Instructor: Richard Tyson
243245 Bauer Drive CC 4/18 Sa 12:30pm-2:00pm

Hatha Yoga and Stress Management

Ages 18&Up: Beginner: Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

8 Sessions \$74
Instructor: Suzana Cooper
243322 Leland CC 4/24 F 10:30am-11:30am

Hatha Yoga and Stress Management 2

Ages 18&Up: Intermediate/Advanced: Prerequisite-beginner class with Cooper.

8 Sessions \$92
Instructor: Suzana Cooper
243323 Leland CC 4/24 F 9:15am-10:30am

Hatha Yoga for Beginners

Ages 16&Up: Have you wanted to try yoga but don't know enough to 'drop-in' on classes? This series provides personalized instruction in basic hatha yoga postures, breath and meditation techniques. These will help to build your strength, flexibility, and balance, as well as reduce stress. This class establishes a foundation that will enable you to participate in all-level yoga classes, or practice yoga in the privacy of your home. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at mercedita@verizon.net or 240-676-2914 for further information.

4 Sessions \$45
Instructor: Mercedes Santos
242639 Long Branch CC 4/14 Tu 6:30pm-7:45pm
242640 Long Branch CC 5/19 Tu 6:30pm-7:45pm

Hatha Yoga

Ages 16&Up: Beginning and continuing students are welcome. Yoga is an ancient and systematic approach to good health and well-being that helps to reduce stress, improve concentration and develop strength, flexibility and balance. This class will include instruction and practice of yoga postures, breath awareness for moving more deeply into postures, and techniques for calming and focusing that mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at mercedita@verizon.net or 240-676-2914 for further information.

10 Sessions \$113
Instructor: Mercedes Santos
242638 Long Branch CC 4/22 W 6:30pm-7:45pm



NEW Power Yoga

Ages 16&Up: A constant moving, flowing yoga that concentrates on keeping your body moving and increasing your heart rate. Core stability, balance, and strength training are also components of this class. For more information contact Liz at 301-838-0310

8 Sessions \$72
Instructor: Studio 310
243050 Studio 310 4/17 F 10:30am-11:30am

Vini Yoga

Ages 14&Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

9 Sessions \$104
Instructor: Patricia Miller
243284 Potomac CC 4/16 Th 9:15am-10:30am
243285 Potomac CC 4/16 Th 6:30pm-7:45pm

Vini Yoga Intermediate

Ages 14&Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

7 Sessions \$73
Instructor: Patricia Miller
243286 Potomac CC 4/20 M 6:30pm-7:45pm

Vini Easy Going Yoga

Ages 14&Up: For Seniors and All Others. For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

9 Sessions \$104
Instructor: Patricia Miller
243287 Potomac CC 4/16 Th 10:45am-12:00pm

Yoga Basics

Ages 16&Up: Introduces beginning and continuing students to yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfort-

able clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com or (Sherry Weber) mas-sageworks3@verizon.net.

9 Sessions \$81
Instructor: Irene Bopp
242627 Bauer Drive CC 4/14 Tu 7:30pm-8:30pm
242628 Marilyn J. Praisner CC 4/16 Th 10:30am-11:30am
242629 Banneker, Benjamin MS 4/16 Th 6:30pm-7:30pm

8 Sessions \$72
Instructor: Sherry Weber
242626 Longwood CC 4/20 M 6:00pm-7:00pm

Gentle Yoga with Carolyn

Ages 16&Up: A slower paced beginner's yoga class that utilizes props and other methods to modify basic yoga poses to enhance each student's experience of increasing breath and body awareness. Students will be gently challenged to improve flexibility and increase strength while being encouraged to progress at their own pace. Suitable for students desiring a less vigorous class and for those with minor health challenges. Wear comfortable clothing such as t-shirts, shorts or leggings that you can move easily in but avoid overly baggy clothes. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions, please contact Carolyn at smithcs711@verizon.net.

8 Sessions \$90
Instructor: Carolyn S. Smith
243328 Damascus CRC 4/21 Tu 5:30pm-6:45pm

Yoga I

Ages 16&Up (13-15 if accompanied by a parent/guardian): This beginner's yoga class is designed for those who have never taken yoga before, those who desire basic yoga instruction and those returning to their practice after several years. Focusing on the fundamental principles of alignment and breath awareness, students will increase their flexibility and strength while learning basic yoga postures. Benefits of this practice include reduced stress, better breathing and circulation, and enhanced concentration and balance. Wear comfortable clothing such as t-shirts, shorts or leggings that you can move easily in but avoid overly baggy clothes. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions, please contact Carolyn at smithcs711@verizon.net.

7 Sessions \$79
Instructor: Carolyn S. Smith
243331 Germantown CC 4/20 M 8:00pm-9:15pm

8 Sessions \$90
Instructor: Carolyn S. Smith
243332 Damascus CRC 4/21 Tu 7:00pm-8:15pm
243334 Damascus CRC 4/22 W 10:00am-11:15am

Yoga 1/2

Ages 16&Up (13-15 if accompanied by a parent or guardian): This class is for the experienced beginner (those who have had at least one or more sessions of yoga 1 or those who have had previous yoga experience). Emphasis will be on refining the basic yoga poses, building strength, flexibility, and endurance in preparation for more advanced Yoga 2 postures. Wear comfortable clothing such as t-shirts, shorts or leggings that you can move easily in but avoid overly baggy clothes. Please bring a yoga sticky mat and be prepared to remove shoes and socks. Questions, please contact Carolyn at smithcs711@verizon.net.

8 Sessions \$90
Instructor: Carolyn S. Smith
243335 Damascus CRC 4/23 Th 7:00pm-8:15pm





Healthy Choice Classes

BodyWorks

Ages 16&Up: This health education program designed by the U.S. Department of Health and Human Services is coming to Clara Barton Recreation Center!

The program provides parents and caregivers of adolescents with tools to help improve family eating and activity habits. Parents will participate in ten, one hour sessions per week. Each participant will receive a video on healthy shopping, cooking strategies, a recipe book, food and fitness journals and a guide to make small, specific behavior changes to prevent obesity and encourage healthy habits in adolescents. For more information on the program, call Juliet Rodman RD, LD, CPT at 301-229-7555 or juliet@wellnesscorporatesolutions.com

9 Sessions

\$135

Instructor: Juliet Rodman

243264 Clara Barton CC 4/15 W 6:30pm-7:30pm

EFT for Pain and Stress Relief

Ages 18&Up: Emotional Freedom Technique (EFT) is an acupressure tapping practice that has a high rate of success in reducing or alleviating many distressful conditions. It has helped with fears, phobias, anxieties, anger, food cravings, addictions, focus problems, many types of pains and endless other conditions. It often improves work, school, arts and sport performance. It can be easily learned, and can be practiced almost anywhere. It usually has long-lasting effects, and benefits most people. In this class you will learn about: how EFT originated, the science behind it, how it works, the tapping sequence, tips on how to apply EFT and more. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com

1 Session

\$50

Instructor: Hildegard Groves

243253 Potomac CC 5/11 M 7:00pm-9:00pm

243252 DuFief ES 5/21 Th 7:00pm-9:00pm

Gentle Methods of Detoxification to Fit Your Lifestyle

Ages 18&Up: Toxins can collect in your body from many sources. Poisons that build up in any part of your body may weaken your immune system, and ultimately compromise your health and promote illness. Everyone benefits from detoxification, but individuals with autoimmune and chronic disease especially need to learn simple cleansing methods to incorporate into their lifestyles. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com

1 Session

\$35

Instructor: Hildegard Groves

243257 DuFief ES 4/30 Th 7:00pm-9:00pm

243258 Potomac CC 5/4 M 7:00pm-9:00pm

The Healing Qualities of Water

Ages 18&Up: Chronic dehydration is a contemporary problem that is more prevalent than most of us realize. In this valuable workshop, you will find out how dehydration can be one of the root causes of asthma, allergies, hypertension, digestive problems, excess weight, diabetes, headaches, premature aging, many degenerative conditions, and much more. Learn about how your body naturally tries to regulate salt and water balance, ways to safely re-hydrate yourself to gain better health, the enormous healing qualities of cell salts, and more. Instructor has a Bachelor in Natural Health Studies. For more information contact Hilde at 301-340-6621 or email hildegardgroves@aol.com

1 Session

\$35

Instructor: Hildegard Groves

243255 DuFief ES 5/14 Th 7:00pm-9:00pm



Massage for Loved Ones

Ages 18&Up: For anyone who wants to give and receive gentle massage to relieve pain and anxiety; it is another expression of love for the people you care about. There will be demonstrations on how to work on shoulders, arms, hands, legs and feet and then the participants will pair up: one will be the receiver the other the giver and when done you switch roles. The receiver will be sitting on a chair fully clothed. You will soon feel more relaxed, calm, connected and grounded and will be able to take these simple skills and apply them wherever and whenever needed. You will be given a hand and foot wallet chart to show anatomical relationships between foot and hand reflexes and the corresponding areas of the body. This will give you an incentive to explore further at home. For more information contact Wilhelmina at wilzopa@gmail.com

1 Session

\$30

Instructor: Wilhelmina A. Van Grieken

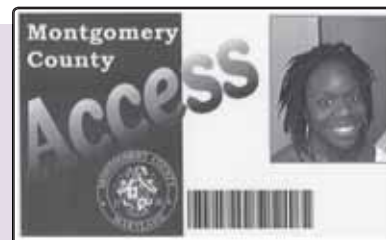
243880 Long Branch CC 4/18 Sa 10:00am-12:00pm

243881 Gwendolyn Coffield CC 5/2 Sa 10:00am-12:00pm

Do you have your ACCESS Card, yet?

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes-- go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to montgomerycountymd.gov/rec



Nutrition-How to Kick the Sugar Cravings

Ages 16&Up: Do you find yourself in a constant struggle to conquer your cravings for sweets and other carbohydrates? The Sugar Blues have gotten a hold of you if you are prone to mood swings, have cravings for sweets and can't get a handle on your weight. Do you know that eating too much sugar will shorten your life? By the end of this seminar, you will learn why (and most importantly how) you need to reduce your dependence on sugar. You will leave with delicious snack ideas, a few tasty treats and recipes that will make you forget about wanting high sugar content foods. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5.00 material fee due to instructor.

1 Session**\$34**

Instructor: Linda Petursdottir

243246 Potomac CC

5/11 M

6:30pm-8:30pm

Nutrition-Eating for Energy

Ages 16&Up: Supersize your energy- with foods that keep you vibrant throughout the day. Do you struggle getting out of bed in the morning? Are you drifting in the afternoon, feeling like you are going to fall asleep? Do you have the best intentions of doing fun activities after work but collapse in front of the TV because you have no energy left? The food you eat and the lifestyle choices you make have a tremendous effect on how you feel. This interactive session will help you understand how food affects you, and will provide ten strategies for getting more energy and focus to stay on top of your life. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5.00 material fee due to instructor.

1 Session**\$34**

Instructor: Linda Petursdottir

243247 Leland CC

6/4 Th

6:30pm-8:30pm

NEW Nutrition Workshop: Give School Snacks/Lunch a Healthy Punch

Ages 16&Up: Are you struggling to prepare a clean and healthy snack for your child? Do you wish you knew exactly what to include and avoid in order to nourish their growing bodies? Or maybe you're suffering from 'boring lunch box syndrome' and need some fresh ideas! Learn what to look for when preparing school snacks and lunches and why. How to combine lots of food groups, colors and textures to create a delicious and nutritious mini meal. And strategies that help save time and keep you prepared at all times so you don't have to rely on processed and chemical laden foods when you need something quick! An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit.

1 Session**\$25**

Instructor: Linda Petursdottir

243248 Leland CC

4/22 W

6:30am-8:00am

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to:
County Executive Isiah Leggett, Executive Office Building,
101 Monroe Street, Rockville, Maryland 20850.

**Martial Arts for Youth & Adults****Aikido Beginning**

Ages 12&Up: Beginner: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

8 Sessions**\$57**

Instructor: William Fairweather

242194 Ross Boddy CC

4/20 M

7:00pm-8:30pm

Aikido Continuing

Ages 12&Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

10 Sessions**\$97**

Instructor: William Fairweather

242195 Ross Boddy CC

4/15 W

7:00pm-9:00pm

Kendo-Beginner

Ages 12&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email tsir.office@verizon.net

9 Sessions**\$65**

Instructor: Shiro Shintaku

243185 Tilden MS

4/16 Th

6:30pm-7:30pm

Kendo-Intermediate

Ages 14&Up: Pre-requisite, beginners class with Shiro Shintaku. Questions email tsir.office@verizon.net

9 Sessions**\$65**

Instructor: Shiro Shintaku

243186 Tilden MS

4/16 Th

7:40pm-8:40pm

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC & Dufief ES. Beginners may attend the later time at all other sites.

8 Sessions \$42

Instructor: Company Staff: TKA, Inc.

242196	Longwood CC	4/20	M	7:00pm-8:00pm
242197	Upper County CC	4/20	M	6:00pm-7:00pm
242198	Upper County CC	4/20	M	7:00pm-8:00pm
242199	Wheaton CC	4/20	M	7:00pm-8:00pm

10 Sessions \$53

Instructor: Company Staff: TKA, Inc.

242200	Germantown CC	4/14	Tu	6:00pm-7:00pm
242201	Germantown CC	4/14	Tu	7:00pm-8:00pm
242204	Bauer Drive CC	4/15	W	6:00pm-7:00pm
242205	Bauer Drive CC	4/15	W	7:00pm-8:00pm
242202	Damascus CRC	4/15	W	6:00pm-7:00pm
242203	Damascus CRC	4/15	W	7:00pm-8:00pm
242206	Potomac CC	4/15	W	7:00pm-8:00pm
242207	Resnik, Judith A. ES	4/15	W	6:00pm-7:00pm
242208	Resnik, Judith A. ES	4/15	W	7:00pm-8:00pm
242209	Clara Barton CC	4/15	W	7:00pm-8:00pm
242210	Montgomery Village MS	4/15	W	7:00pm-8:00pm
242211	Marilyn J. Praisner CC	4/16	Th	6:00pm-7:00pm
242212	Marilyn J. Praisner CC	4/16	Th	7:00pm-8:00pm
242213	Dufief ES	4/16	Th	6:00pm-7:00pm
242214	Dufief ES	4/16	Th	7:00pm-8:00pm
242215	Poole, John MS	4/16	Th	7:00pm-8:00pm
242216	Rolling Terrace ES	4/16	Th	6:00pm-7:00pm
242217	Rolling Terrace ES	4/16	Th	7:00pm-8:00pm
242218	Bethesda ES	4/16	Th	7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the third class of each session.

8 Sessions \$53

Instructor: Company Staff: TKA, Inc.

242220	Upper County CC	4/20	M	8:00pm-9:30pm
242221	Wheaton CC	4/20	M	8:00pm-9:30pm

10 Sessions \$66

Instructor: Company Staff: TKA, Inc.

242222	Germantown CC	4/14	Tu	8:00pm-9:30pm
242223	Damascus CRC	4/15	W	8:00pm-9:30pm
242224	Bauer Drive CC	4/15	W	8:00pm-9:30pm
242225	Clara Barton CC	4/15	W	8:00pm-9:30pm
242226	Potomac CC	4/15	W	8:00pm-9:30pm
242227	Montgomery Village MS	4/15	W	8:00pm-9:30pm
242228	Bethesda ES	4/16	Th	8:00pm-9:30pm
242229	Marilyn J. Praisner CC	4/16	Th	8:00pm-9:30pm
242230	Dufief ES	4/16	Th	8:00pm-9:30pm
242231	Rolling Terrace ES	4/16	Th	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

10 Sessions \$25

Instructor: Company Staff: TKA, Inc.

242232	Holiday Park SrC	4/17	F	7:00pm-8:00pm
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Karate/Jujitsu Club 2

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

10 Sessions \$40

Instructor: Company Staff: TKA, Inc.

242233	Holiday Park SrC	4/17	F	8:00pm-9:00pm
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Instructional Sports for Youth & Adults

For more Youth Programs, see *Exercise and Fitness for Youth*.

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$10 material fee due to instructor.

8 Sessions \$63

Instructor: Gary Chao

243180	Bauer Drive CC	4/18	Sa	9:30am-10:45am
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Badminton Intermediate

Ages 9&Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. \$20 material fee due to instructor.

8 Sessions \$106

Instructor: Gary Chao

243181	Bauer Drive CC	4/18	Sa	10:45am-12:45pm
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Badminton Advanced

Ages 12&Up: Prerequisite Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to re-assign students to another level. \$20 material fee due to instructor.

8 Sessions **\$63**

Instructor: Gary Chao

243183 Bauer Drive CC 4/18 Sa 12:45pm-1:45pm

Fencing with Mohebban Beginner I

Ages 9&Up: Beginner: Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$15 material fee due to instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

242607 Clemente, Roberto MS 4/15 W 5:30pm-6:30pm

242608 Wood MS 4/17 F 5:30pm-6:30pm

242606 Frost, Robert MS 4/27 M 5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 9&Up: Advanced Beginner: Curriculum will be student skill dependent. \$15 material fee due to instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

242610 Clemente, Roberto MS 4/15 W 6:30pm-7:30pm

242611 Wood MS 4/17 F 6:30pm-7:30pm

242609 Frost, Robert MS 4/27 M 6:30pm-7:30pm

Fencing with Mohebban Intermediate

Ages 9&Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. \$15 material fee due to the instructor.

10 Sessions **\$99**

Instructor: Gitty Mohebban

242654 Clemente, Roberto MS 4/15 W 7:30pm-8:30pm

242655 Wood MS 4/17 F 7:30pm-8:30pm

242653 Frost, Robert MS 4/27 M 7:30pm-8:30pm

Fencing with Mohebban

Practices & Club

Ages 13&Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$15 material fee due to the instructor.

9 Sessions

\$99

Instructor: Gitty Mohebban

242660 Bauer Drive CC 4/18 Sa 1:45pm-3:15pm

Skateboarding Level I Mini

Ages 6-7: Extreme Fun! This class is geared for the first time skater and young beginner. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Skaters can extend their fun by attending the 11:00am Skate Park's session just for them. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions

\$42

Instructor: Company: American In-Line Skating

242180 Olney Manor Skate Park 4/19 Su 9:00am-9:30am

Skateboarding Level I

Ages 6-12: Extreme Fun! This class is great for the beginner. Learn to push, ride, tack turn, switch turn, ride fakie and a safe approach to ramps. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Instructor will work with various beginner levels. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions

\$81

Instructor: Company: American In-Line Skating

242185 Olney Manor Skate Park 4/19 Su 8:30am-9:30am

Instructor: Greg Keim

242182 Olney Manor Skate Park 4/19 Su 10:00am-11:00am

Skateboarding Level II

Ages 9-13: Prerequisite: Level I or one year of skateboarding. Kids want air. Parents want down to earth instruction. Learn to ollie onto a grind box, drop in, stall grind, slide and more! Improve your flatland technique, ollie, kick flip and manual. Emphasis is on increasing confidence, riding within ones ability, and skate park etiquette. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions

\$81

Instructor: Company: American In-Line Skating

242186 Olney Manor Skate Park 4/19 Su 10:00am-11:00am



F.A.S.T. by Coach Gene

Ages 9&Up: Everyone who runs or plays a sport can benefit from increased speed and agility. If this is your goal, this is the class which will make it happen. Coach Gene of the Firebird's Track Team will show you how to master the correct techniques, form, mechanics and body positions which will enable you to improve your 30 or 40 yard dash time. Discover the importance of warm ups and cool downs and the proper way to stretch the muscle groups used in running. A variety of equipment and training tools will be utilized, as well as, a variety of speed and agility drills. Let Coach Gene help you improve your overall athletic ability and meet your desired goals.

6 Sessions **\$70**

Instructor:

243374	East County CC	4/15	W	4:00pm-5:00pm
243480	Potomac CC	4/17	F	4:00pm-5:00pm
243267	Gwendolyn Coffield CC	4/20	M	4:00pm-5:00pm

Total Golf Adventures

Ages 5-12: Kids can get a grip on this wonderful life-time sport in an extremely fun and non-competitive environment. Each day brings a new adventure in the fundamentals of golf; driving, chipping putting and more! Children are engaged in exciting games and activities which will introduce them to the basics of the sport. Rules, etiquette and safety are also emphasized by trained instructors who are experts in dealing with children who master skills quickly or those who need more attention. All equipment is provided.

6 Sessions **\$105**

Instructor:

242768	Bauer Drive CC	4/14	Tu	4:00pm-5:00pm
243209	Bauer Drive CC	4/14	Tu	5:00pm-6:00pm
243202	Germantown CC	4/17	F	3:00pm-4:00pm
243203	Germantown CC	4/17	F	4:00pm-5:00pm
242778	Good Hope CC	4/18	Sa	11:00am-12:00pm
244281	Good Hope CC	4/18	Sa	10:00am-11:00am

**Tiny Tots****Arts & Crafts****Art Adventures**

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

4 Sessions **\$40**

Instructor: Sharon Lande

242948	Leland CC	4/14	Tu	9:30am-10:15am
242949	Leland CC	4/14	Tu	11:00am-11:45am
242950	Leland CC	4/15	W	10:00am-10:45am
242951	Leland CC	4/15	W	11:30am-12:15pm
242952	Leland CC	4/15	W	1:00pm-1:45pm
242953	Potomac CC	4/16	Th	9:30am-10:15am
242954	Potomac CC	4/16	Th	10:15am-11:00am

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$28 material fee due to instructor. Adult participation required.

7 Sessions **\$55**

Instructor: Tiny Hands

242751	Potomac CC	4/20	M	10:00am-10:45am
242752	Damascus CRC	4/20	M	10:00am-10:45am
242764	Potomac CC	4/20	M	11:00am-11:45am
242753	Marilyn J. Praisner CC	4/21	Tu	10:00am-10:45am
242754	Germantown CC	4/21	Tu	10:00am-10:45am
242755	Germantown CC	4/21	Tu	11:00am-11:45am
242765	Marilyn J. Praisner CC	4/21	Tu	11:00am-11:45am
242756	Germantown CC	4/22	W	10:00am-10:45am
242757	Germantown CC	4/22	W	11:00am-11:45am
242758	Bauer Drive CC	4/22	W	10:15am-11:00am
242759	Longwood CC	4/23	Th	10:15am-11:00am
242761	Leland CC	4/23	Th	11:15am-12:00pm
245797	Germantown CC	4/23	Th	11:00am-11:45am
245798	Long Branch CC	4/23	Th	10:15am-11:00am
242762	Potomac CC	4/24	F	10:00am-10:45am
242763	Potomac CC	4/24	F	11:00am-11:45am

St Patty's Day Family Fun Walk

Ages 2-6: Join in the healthy and fun festivities in this St Patrick's Day celebration! Parents and children will follow the trail of Lively the Leprechaun, who when captured, will lead them to the treasure of healthiness! St Paddy's day crafts and a healthy snack will add to festivities. No need to be Irish for this Heart Smart Trail activity! Program is free but registration is required! Check in begins promptly at 9:45am and concludes promptly at 10:15am for the morning session. Afternoon check in is 12:45pm to 1:15pm. Strollers are welcome.

1 Session **FREE**

Instructor:

243900	Black Hill Regional Park	3/13	F	10:30am-11:30am
243902	Brookside Gardens	3/17	Tu	10:30am-11:30am
243903	Brookside Gardens	3/17	Tu	1:00pm-2:00pm



Tiny Hands Family Crafts

Ages 2-7: A Tiny Hands class the whole family can enjoy! \$28 material fee due to instructor. Parent participation required.

7 Sessions **\$55**

Instructor: Tiny Hands

244582 Longwood CC	4/22	W	4:00pm-4:45pm
244583 Germantown CC	4/23	Th	4:00pm-4:45pm
244584 Germantown CC	4/25	Sa	10:00am-10:45am
244585 Germantown CC	4/25	Sa	11:00am-11:45am
244586 Praisner CC	4/25	Sa	10:00am-10:45am
244587 Praisner CC	4/25	Sa	11:00am-11:45am
244588 Damascus CRC	4/25	Sa	10:00am-10:45am

Abrakadoodle® Twoosy Doodlers

Ages 20-36 months: A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating; while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and moms and helpers get to play too. \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abrakadoodle®

242990 Wheaton-Claridge LP	4/16	Th	10:00am-10:40am
242991 Potomac CC	4/16	Th	4:00pm-4:40pm
242992 Leland CC	4/18	Sa	10:00am-10:40am
242989 Leland CC	4/20	M	3:20pm-4:00pm
242993 Leland CC	5/18	M	3:20pm-4:00pm
242994 Wheaton-Claridge LP	5/21	Th	10:00am-10:40am
242995 Potomac CC	5/21	Th	4:00pm-4:40pm
242996 Leland CC	5/23	Sa	10:00am-10:40am

Abrakadoodle® Mini Doodlers

Ages 3-6: Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. \$30 material fee due to instructor.

4 Sessions **\$35**

Instructor: Abrakadoodle®

242982 Wheaton-Claridge LP	4/16	Th	11:00am-11:40am
242983 Potomac CC	4/16	Th	5:00pm-5:40pm
242984 Leland CC	4/18	Sa	11:00am-11:40am
242981 Leland CC	4/20	M	4:30pm-5:15pm
242985 Leland CC	5/18	M	4:30pm-5:15pm
242986 Wheaton-Claridge LP	5/21	Th	11:00am-11:40am
242987 Potomac CC	5/21	Th	5:00pm-5:40pm
242988 Leland CC	5/23	Sa	11:00am-11:40am

**Abrakadoodle® En Espanol**

Ages 20-36 months: A fun new twist on these popular classes! The same quality that you know and love with Latin background music and a new Latin flair. \$30 material fee due to instructor.

Twoosy Doodlers

4 Sessions **\$35**

Instructor: Abrakadoodle®

242999 Gwendolyn Coffield CC	4/14	Tu	10:00am-10:40am
243000 Gwendolyn Coffield CC	5/19	Tu	10:00am-10:40am

Ages 3-6: \$30 material fee due to instructor.

Mini Doodlers

4 Sessions **\$35**

Instructor: Abrakadoodle®

242997 Gwendolyn Coffield CC	4/14	Tu	11:00am-11:40am
242998 Gwendolyn Coffield CC	5/19	Tu	11:00am-11:40am

Messes and Masterpieces

Ages 2-5: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

8 Sessions **\$61**

Instructor: Joan E. Clowes

242930 Longwood CC	4/20	M	10:00am-10:45am
242931 Longwood CC	4/20	M	11:00am-11:45am
242932 Potomac CC	4/21	Tu	10:00am-10:45am
242933 Potomac CC	4/21	Tu	11:00am-11:45am
242934 Potomac CC	4/22	W	10:00am-10:45am
242935 Potomac CC	4/22	W	11:00am-11:45am

ABC Hand and Finger Prints

Ages 2-5: All fingers are pointed at this handy, fun new way to explore the alphabet. The ABC's come alive through stories, songs, finger plays and hand/ fingerprint crafts. Based on the letter of the week, you and your little one will create an art project with hand and finger prints that you will treasure forever! Adult participation required. Price includes all materials.

8 Sessions **\$98**

Instructor: Rochelle Fernandez

242841 Capital View-Hmwd LP	4/22	W	10:00am-10:45am
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Young Rembrandts® for Tiny Tots

Ages 3½-5: Young students are so eager to learn and are a joy to teach! Young Rembrandts' instructors provide a nurturing and strong learning environment that expands pre-schoolers imagination and vocabulary as they draw familiar images. We will concentrate on



skills of drawing and coloring while developing fine motor skills, focusing, listening, and spatial development. Adult Participation not required.

6 Sessions \$68

Instructor: Young Rembrandts®

242957	Germantown CC	4/27	M	10:15am-11:00am
242958	Longwood CC	4/29	W	10:15am-11:00am

Language & Play

Baby Signs with Andrea

Ages 6-22 months: Wouldn't it be neat if you knew what your baby was saying before he/she could talk! That's only one of the aspirations of this fun filled class. Lots of signing, singing and dancing activities provide important skill and sensory motor development. As children play, they integrate simple signs with their daily activity schedules. All action is teacher and bear, Beebo the Baby Signs Bear, directed for fabulous enjoyment for all! All participants are required to purchase a Sign, Say & Play Kit, \$70, loaded with fascinating resources that enable continued learning and fun at home. Adult participation required. Call 301-642-9300 for more information.

6 Sessions \$95

Instructor: Andrea Benedick

242772	Upper County CC	4/15	W	11:00am-11:45am
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Little Linguists

Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

Little Linguists I-Spanish

Ages 1½-2: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions \$72

Instructor: Sandra Aresta

242777	Leland CC	4/18	Sa	9:45am-10:30am
242773	Potomac CC	4/21	Tu	10:00am-10:45am
242774	Wheaton CC	4/23	Th	10:15am-11:00am
242775	Germantown CC	4/24	F	9:45am-10:30am
242776	Leland CC	4/24	F	9:45am-10:30am

Little Linguists II-Spanish

Ages 3-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions \$72

Instructor: Sandra Aresta

242783	Leland CC	4/18	Sa	10:45am-11:30am
242779	Potomac CC	4/21	Tu	10:45am-11:30am
242780	Wheaton CC	4/23	Th	11:00am-11:45am
242781	Germantown CC	4/24	F	10:45am-11:30am
242782	Leland CC	4/24	F	10:45am-11:30am

Little Linguists III-Spanish

Ages 2-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

9 Sessions \$72

Instructor: Sandra Aresta

242785	Germantown CC	5/1	F	3:30pm-4:15pm
242784	Potomac CC	4/22	W	3:30pm-4:15pm
242786	Leland CC	4/24	F	11:30am-12:15pm

Little Linguists I, II, III-Portuguese

Ages 1½-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net. 242798 for ages 1½-2 yrs, 242799 for ages 3-6 yrs, 242800 for ages 2-6 yrs.

9 Sessions \$72

Instructor: Sandra Aresta

242800	Norwood LP (BCC)	4/21	Tu	3:30pm-4:15pm
242798	North Chevy Chase LP	4/22	W	9:45am-10:30am
242799	North Chevy Chase LP	4/22	W	10:45am-11:30am

Little Linguists I, II, III-French

Ages 1½-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net. 242788 for ages 1½-2 yrs, 242789 for ages 3-6 yrs, 242790 for ages 2-6 yrs.

9 Sessions \$72

Instructor: Sandra Aresta

242788	Gwendolyn Coffield CC	4/23	Th	9:45am-10:30am
242789	Gwendolyn Coffield CC	4/23	Th	10:45am-11:30am
242790	Leland CC	4/23	Th	3:30pm-4:15pm

Little Linguists I, II, III-Mandarin

Ages 1½-6: \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net. 242797 for ages 1½-2 yrs, 242795 for ages 3-6 yrs, 242796 for ages 2-6 yrs.

8 Sessions \$64

Instructor: Sandra Aresta

242795	Bauer Drive CC	4/20	M	9:45am-10:30am
242796	Bauer Drive CC	4/20	M	10:45am-11:30am

9 Sessions \$72

242797	Bauer Drive CC	4/22	W	3:15pm-4:00pm
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Kids Love T-Recs!

You've seen T-Recs at the County Fair and other events. Now, T-Recs, the lovable Recreation mascot, can make an appearance at your public-oriented event.

T-Recs loves appearing at public events, meeting children, and encouraging folks of all ages to get out and enjoy recreation. He will bring giveaways for the kids, and information about recreational opportunities throughout Montgomery County.

There is no charge for T-Recs to attend your next family-friendly public event. To find out more about how you can invite T-Recs to your event, call 240-777-6820.

Music

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination, motor skills, inner beat for music, balance and reinforce cognitive learning. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

9 Sessions \$110

Instructor: Music for Life

242877 Upper County CC 4/16 Th 9:15am-10:00am

242878 North Chevy Chase LP 4/17 F 9:00am-9:45am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, and playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. Online registration not available for 8-12 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

8 Sessions \$98

Instructor: Music for Life

242842 Camp Seneca LP 4/20 M 10:15am-11:00am

242843 Camp Seneca LP 4/20 M 11:15am-12:00pm

242844 Bethesda Reg Lib 4/20 M 10:15am-11:00am

242845 Bethesda Reg Lib 4/20 M 11:15am-12:00pm

242846 Wheaton Reg Lib 4/20 M 10:15am-11:00am

242847 Wheaton Reg Lib 4/20 M 11:15am-12:00pm

9 Sessions \$110

242848 Clara Barton CC 4/14 Tu 10:15am-11:00am

242849 Quince Orchard Vly NP 4/14 Tu 10:15am-11:00am

242850 Quince Orchard Vly NP 4/14 Tu 11:15am-12:00pm

242851 Leland CC 4/14 Tu 11:15am-12:00pm

242852 Leland CC 4/14 Tu 10:15am-11:00am

242853 Potomac CC 4/14 Tu 5:30pm-6:15pm

242854 Golden School of Music 4/15 W 10:15am-11:00am

242855 Marilyn J. Praisner CC 4/15 W 10:15am-11:00am

242856 Tilden Woods LP 4/15 W 10:15am-11:00am

242857 Norbeck-Mncstr Mill NP 4/16 Th 10:00am-10:45am

242858 Upper County CC 4/16 Th 10:15am-11:00am

242859 Upper County CC 4/16 Th 11:15am-12:00pm

242860 Norwood LP (BCC) 4/16 Th 10:15am-11:00am

242861 North Chevy Chase LP 4/17 F 10:00am-10:45am

242862 North Chevy Chase LP 4/17 F 11:00am-11:45am

242863 Potomac CC 4/17 F 10:15am-11:00am

242864 Golden School of Music 4/18 Sa 10:00am-10:45am

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$10 material fee due to instructor.

8 Sessions \$135

Instructor: Music for Life

242872 Golden School of Music 4/20 M 12:45pm-1:45pm

242873 Golden School of Music 4/20 M 4:00pm-5:00pm

9 Sessions \$152

242874 Potomac CC 4/14 Tu 4:15pm-5:15pm

242875 Golden School of Music 4/16 Th 4:00pm-5:00pm

242876 Golden School of Music 4/18 Sa 11:00am-12:00pm



Music in Motion

Ages 2-5: A music class where everyone will have fun discovering different ways to express yourself through music and movement. Learn basic rhythms while singing, dancing, playing instruments and moving to a variety of music. So join us for a fun way to experience the joy and benefits of music. Adult participation required. All materials included.

8 Sessions \$98

Instructor: Rochelle Fernandez

242837 Longwood CC 4/21 Tu 11:00am-11:45am

242838 Capital View-Hmwd LP 4/22 W 11:00am-11:45am

242839 Ross Boddy CC 4/23 Th 11:00am-11:45am

Playtime & Movement

Mama Goose on the Loose

Ages 6-17 months and 18 months-3 years: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required.

8 Sessions \$74

Instructor: Laura Lunking

242940 Norbeck-Mncstr Mill NP 4/15 W 9:45am-10:30am

242942 Norbeck-Mncstr Mill NP 4/15 W 10:45am-11:30am

242941 Bauer Drive CC 4/16 Th 9:45am-10:30am

Itsy Bitsy Yoga®

Ages 3-10 months: Meet new friends and bond with your baby in a nurturing class designed to support your baby's development. Discover new ways to help improve baby's sleep, digestion, and more. No yoga experience required. Wear comfortable clothes and bring a blanket or mat. Adult participation required. Babies should be pre-walkers. Itsy Bitsy is a registered trademark of Spirit Into Life Inc. For more information about Helen Garabedian's Itsy Bitsy Yoga program, visit www.itsybitsyyoga.com.

6 Sessions \$57

Instructor: Laura Lunking

242943 Bauer Drive CC 4/16 Th 10:45am-11:30am

Tiny Hands Chefs

Ages 3½-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$35 material fee due to instructor. Adult participation required.

6 Sessions \$59

Instructor: Tiny Hands

242767 Potomac CC 4/27 M 1:00pm-2:00pm



NEW Three's A Crowd!

Age 3: A club just for three year olds! These members will engage in five fun-themed activities to stimulate their need for organization, exploration, and creativity. An emphasis is placed on socialization and sharing! Members will also create a scrapbook that highlights their experiences. Adult participation not required but invited to stay!

5 Sessions **\$65**

Instructor: Toni Thomas

243102 Upper County CC 4/17 M 11:00am-11:45am

243103 Damascus CRC 5/2 Sa 11:15am-12:00pm

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. Price includes all materials! Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

4 Sessions **\$40**

Instructor: Sharon Lande

242955 Leland CC 4/14 Tu 10:15am-11:00am

242956 Leland CC 4/15 W 10:45am-11:30am

NEW Brain Body Enhancement (BBE)**for Tots!**

Ages 3-5: This program is designed through enjoyable activities to promote health, happiness, and self-confidence. BBE increases flexibility, balance in life, and focus, while developing children's creative efficacy. Adult participation required.

8 Sessions **\$72**

Instructor: Mulu Getachew

244430 Upper County CC 4/16 Th 11:30am-12:15pm

Little School Rock 'n Roll

Ages 3-6: Children have fun exercising while learning creative, popular, and free dances. Activities include leaps, jumps, and active movement to popular children's music. Children participate independently while parents wait outside the room.

6 Sessions **\$50**

Instructor: Denise Schattenberg

242947 Quince Orchard Vly NP 4/16 Th 1:00pm-1:45pm

242946 Upper County CC 4/20 M 1:00pm-1:45pm

**Sports & Fitness****UK Elite Petite Soccer**

Ages 3-4: A fun introduction to soccer using maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use. All participants receive a certificate of participation.

6 Sessions **\$99**

Instructor: UK Elite

242936 Falls Road LP 4/14 Tu 11:00am-12:00pm

242937 Falls Road LP 4/14 Tu 1:30pm-2:30pm

242938 Longwood CC 4/15 W 11:00am-12:00pm

242939 Longwood CC 4/15 W 1:30pm-2:30pm

Wee Wanna Be

Ages 2-5: COACH DOUG ALL THE TIME IN EVERY CLASS! Which sports players do your kids pretend to be? We have maintained our victorious formula of offering classes which builds self-esteem and confidence! Children receive instruction in sports and agility training through supervised, noncompetitive play sessions, enhancing fitness in a fun and friendly environment. Sports include: soccer, lacrosse, football and more! Each child can participate at his/her own pace. Price includes all materials. Adult participation required. Price is per child. Call 301-983-2690 for more info.

8 Sessions **\$87**

Instructor: CTI Kids-Coach Doug

243001 Leland CC 4/20 M 9:30am-10:15am

243002 Leland CC 4/20 M 10:15am-11:00am

243003 Leland CC 4/20 M 11:00am-11:45am

243004 Germantown CC 4/21 Tu 9:30am-10:15am

243005 Germantown CC 4/21 Tu 10:15am-11:00am

243006 Germantown CC 4/21 Tu 11:00am-11:45am

243007 Bauer Drive CC 4/22 W 9:30am-10:15am

243008 Gwendolyn Coffield CC 4/22 W 11:00am-11:45am

243009 Potomac CC 4/23 Th 9:30am-10:15am

243010 Potomac CC 4/23 Th 10:15am-11:00am

243011 Potomac CC 4/23 Th 11:00am-11:45am

243012 Potomac CC 4/23 Th 1:00pm-1:45pm

243013 Wheaton CC 4/24 F 9:30am-10:15am

243014 Wheaton CC 4/24 F 10:15am-11:00am

243015 Wheaton CC 4/24 F 11:00am-11:45am

243016 Oakland Terrace ES 4/25 Sa 9:30am-10:15am

243017 Oakland Terrace ES 4/25 Sa 10:15am-11:00am

243018 Burning Tree ES 4/25 Sa 12:00pm-12:45pm

243019 Burning Tree ES 4/25 Sa 12:45pm-1:30pm

243020 Beverly Farms ES 4/25 Sa 2:15pm-3:00pm

243021 Beverly Farms ES 4/25 Sa 3:00pm-3:45pm





Cocher Doug's Sports School

Ages 4-7: COACH DOUG ALL THE TIME IN EVERY CLASS!! Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports change each session and include: soccer, football, lacrosse and more! Call 301-983-2690 for more info. Price includes all materials.

8 Sessions **\$87**

Instructor: CTI Kids-Coach Doug

243051	Leland CC	4/20	M	1:30pm-2:15pm
243052	Leland CC	4/20	M	2:15pm-3:00pm
243053	Leland CC	4/20	M	3:30pm-4:15pm
243054	Germantown CC	4/21	Tu	3:30pm-4:15pm
243055	Germantown CC	4/21	Tu	4:15pm-5:00pm
243056	Potomac CC	4/23	Th	3:30pm-4:15pm
243057	Potomac CC	4/23	Th	4:15pm-5:00pm
243058	Wheaton CC	4/24	F	4:15pm-5:00pm
243059	Oakland Terrace ES	4/25	Sa	11:00am-11:45am

Cocher Doug Sports Advanced

Ages 3-6: COACH DOUG ALL THE TIME IN EVERY CLASS!! Kick it off with soccer instruction the Coach Doug way; fundamental sport skills in a fun and friendly environment with emphasis on building self confidence and teamwork. We'll cover skill development, soccer rules and playing strategies. Price includes all materials. Price is per child. Call 301-983-2690 for more info.

6 Sessions **\$77**

Instructor: CTI Kids-Coach Doug

243068	Germantown CC	4/21	Tu	5:00pm-6:00pm
243069	Potomac CC	4/23	Th	5:00pm-6:00pm
243070	Wheaton CC	4/24	F	5:00pm-6:00pm

Gymnastics Tumbling Format

Ages 3-6 Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions **\$68**

Instructor: Denise Schattenberg

242945	Quince Orchard Vly NP	4/16	Th	1:45pm-2:30pm
242944	Upper County CC	4/20	M	1:45pm-2:30pm

Funfit®

A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child.

Funfit® One

Ages 1-2: Price includes all materials. Adult participation required! Child must be walking.

Instructor: Funfit®

8 Sessions **\$80**

242801	Germantown CC	4/20	M	9:30am-10:15am
242802	Wheaton CC	4/20	M	9:30am-10:15am
242803	Wheaton CC	4/20	M	10:15am-11:00am
242804	Gwendolyn Coffield CC	4/21	Tu	9:30am-10:15am
242805	Bauer Drive CC	4/21	Tu	9:30am-10:15am
242806	Leland CC	4/22	W	9:30am-10:15am
242807	Potomac CC	4/22	W	9:30am-10:15am
242808	Potomac CC	4/22	W	10:15am-11:00am
242816	Damascus CRC	4/22	W	9:30am-10:15am
242809	Leland CC	4/24	F	9:30am-10:15am
242810	Potomac CC	4/24	F	9:30am-10:15am
242811	Potomac CC	4/24	F	10:15am-11:00am
242812	Germantown CC	4/24	F	9:30am-10:15am
242813	Leland CC	4/24	F	10:15am-11:00am
242814	Quince Orchard Vly NP	4/25	Sa	9:30am-10:15am
242815	Tilden MS	4/25	Sa	9:30am-10:15am

Funfit® Two

Ages 2-3: Price includes all materials. Adult participation required. Child must be walking.

Instructor: Funfit®

7 Sessions **\$80**

242817	Germantown CC	4/20	M	10:15am-11:00am
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8 Sessions **\$80**

242818	Wheaton CC	4/20	M	11:00am-11:45am
242819	Gwendolyn Coffield CC	4/21	Tu	10:15am-11:00am
242820	Bauer Drive CC	4/21	Tu	10:15am-11:00am
242821	Potomac CC	4/22	W	11:00am-11:45am
242822	Damascus CRC	4/22	W	11:00am-11:45am
242823	Leland CC	4/22	W	11:00am-11:45am
242824	Leland CC	4/24	F	11:00am-11:45am
242825	Germantown CC	4/24	F	10:15am-11:00am
242826	Potomac CC	4/24	F	11:00am-11:45am
242827	Tilden MS	4/25	Sa	10:15am-11:00am
242828	Quince Orchard Vly NP	4/25	Sa	10:15am-11:00am





Family Funfit®

Ages 18 months-4 years: A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. Price includes all materials.

Instructor: Funfit®

8 Sessions **\$80**

242830	Germantown CC	4/20	M	11:00am-11:15am
242829	Potomac CC	4/20	M	4:00pm-4:45pm
242831	Gwendolyn Coffield CC	4/21	Tu	11:00am-11:45am
242832	Bauer Drive CC	4/21	Tu	11:00am-11:45am
242833	Leland CC	4/22	W	10:15am-11:00am
242834	Damascus CRC	4/22	W	10:15am-11:00am
242835	Germantown CC	4/24	F	11:00am-11:45am
242836	Quince Orchard Vly NP	4/25	Sa	11:00am-11:45am

Pre-K Fit Kids!

Ages 2½-6yrs: A fast-paced, age appropriate exercise class designed for your preschooler. Through creative movement, fun games and traditional exercises, your child will benefit from releasing their energy in a super fun way! The instructor has been leading groups and individuals through fitness for 20 years. Parents are invited to stay but it is not required. Contact the instructor at fitkidscamp@gottamove.us for further information

9 Sessions **\$81**

Instructor: Bridgit Avon				
242959	Damascus CRC	4/21	Tu	10:30am-11:15am
242960	Damascus CRC	4/23	Th	10:30am-11:15am

First Serve Tennis Academy-Pee Wee's

Ages 3-4 & 4-5: FSTA provides tennis instruction with special attention to motor skills and hand-eye coordination. Instructors implement age appropriate drills and games, focusing on technique. Pee Wee's instructors will teach the basics of tennis-racket, grips, forehand, volley, overhead, and footwork played to fun non-competitive games. All equipment is age-appropriate and soft.

6 Sessions **\$95**

Instructor: First Serve

Ages 3-4:

242961	Longwood CC	4/29	W	12:00pm-1:00pm
242962	Damascus CRC	4/30	Th	10:00am-11:00am

Ages 4-5:

242964	Longwood CC	4/29	W	1:00pm-2:00pm
242963	Damascus CRC	4/30	Th	11:00am-12:00pm

Xciting Xtras

See *Cooking for Wine Making* classes.

For *Xciting Xtras* specifically designed for ages 43-63 please see the new *Baby Boomer* section.

Horseback Riding

Young Riders

Ages 5-7: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at the walk and trot with the safety of an adult leading the horse. Horse preparation takes time and is an important part of the instruction. Parent or adult must be prepared to walk beside the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, and students/parents without proper footwear and long pants will not be able to participate. Children may repeat class until they are familiar with horseback riding.

9 Sessions **\$360**

Instructor: Camp Olympia

241641 Camp Olympia 4/14 Tu 5:15pm-6:00pm

Horseback Riding: Children

Ages 8-12: Beginning horseback riding instruction includes grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes; students without proper footwear and long pants will not be able to participate. Children may repeat class until they are comfortable leading and trotting the horse. Weight limit 200 pounds.

9 Sessions **\$360**

Instructor: Camp Olympia

241640 Camp Olympia 4/14 Tu 6:00pm-7:00pm

Horseback Riding: Teens and Adults

Ages 13&Up: This introductory course is perfect for those who have never ridden, have limited experience, or have not ridden in many years. Course will include grooming, saddling, leading, and riding at walk and trot. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes, and students without proper footwear and long pants will not be able to participate. Students may repeat the class until they are comfortable with leading and trotting the horse. Weight limit 200 pounds.

9 Sessions **\$360**

Instructor: Camp Olympia

241642 Camp Olympia 4/14 Tu 7:00pm-8:00pm





Dog Obedience

Questions: Call Wortley Ganoe at 301-946-5645.

Puppy Kindergarten

Ages: Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes.

8 Sessions

\$65

Instructor: Wortley Ganoe

241981 MCRD Offices 4/18 Sa 9:30am-10:30am

Basic

Ages: Trainers 12&Up/Dogs 5 months&Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students will need to practice outside class for best results. All work on lead. No retractable leashes.

8 Sessions

\$65

Instructor: Wortley Ganoe

241982 MCRD Offices 4/18 Sa 10:30am-11:30am

Intermediate

Ages: Trainers 12&Up/Dogs 6 months&Up: Prerequisite: a basic course. Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc.

8 Sessions

\$65

Instructor: Wortley Ganoe

241983 MCRD Offices 4/18 Sa 11:30am-12:30pm

Etiquette

Dining & Etiquette For Adults

Ages 16&Up: Everything you wanted to know about manners. This workshop is a perfect jump start on learning the dos and donots for good manners. Topics include silverware savvy, American and Continental eating styles, hosting/guest duties and many other etiquette tips.

1 Session

\$25

Instructor: Crystal Taylor

244384 Holiday Park SrC 5/26 Tu 7:00pm-9:00pm

5 Ways to Register!

RecWeb

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

Fax

240-777-6818. Available 24 hours a day, 7 days a week. Stored and processes in a secure environment.

Mail

New centralized address:

Registrar, Montgomery County Department of Recreation,
4010 Randolph Road, Silver Spring, MD 20902

Walk-in

While you wait! Registrations will be processed at the following locations:

- Recreation Department Administration Building
4010 Randolph Road, Silver Spring, MD 20902
- Recreation Indoor Pools (see page 7)
- Recreation Department Regional Offices (see page 99)

STARLine

Touch tone phone registration 240-777-8277, available 24 hours a day, 7 days a week.

For more information, visit our website at www.montgomerycountymd.gov/rec
or call our Customer Service Department at 240-777-6840



Your credit card \$ecurity is important to us!

"The Montgomery County Department of Recreation offers a variety of ways to register for its many programs and services. While we take fun seriously, we are also serious about protecting your personal information. It is our goal to provide you with an efficient and secure registration process. We appreciate your business!"

-Gabriel Albornoz, Director

Minding Your Manners

Ages 5-7: An activity-oriented approach to make sure your child has the skills to be a good play date. Fair play, social skills, and kindness are the emphasis of this class. Sportsmanship, using kind words, introductory communication skills and basic dining skills are covered through activities, games, role-playing and hands-on activities to remind and reinforce the use of basic manners. Children will receive a snack and drink to practice dining etiquette. \$10 material fee due to instructor at first class.

5 Sessions **\$68**
 Instructor: Boyds Country Day School
 243100 Germantown CC 4/14 Tu 4:30pm-5:30pm

Minding Your Manners II

Ages 7-10: Etiquette provides children with the opportunity to know what to do and when to do it. Class gives children the tools to begin to feel comfortable in all social situations. Being a good sport, giving and receiving compliments, social sensitivity, eye contact, telephone and dining etiquette, body language, listening skills, and more. Includes hands on activities, role playing and games. Children will receive a snack and drink to practice dining etiquette. \$10 material fee due to instructor at first class.

5 Sessions **\$68**
 Instructor: Boyds Country Day School
 243101 Germantown CC 4/14 Tu 5:30pm-6:30pm

Class Act

Ages 11-16: Interactive etiquette workshop provides skills for the teen to feel confident and self-assured in social settings by providing basic rules of etiquette and party planning. Session topics include respectful behaviors, telephone manners, dining etiquette, and party planning. Welcoming behaviors, image and clothing, appearance, computer manners, sending invitations, determining guest lists, RSVP, party themes and much more.

8 Sessions **\$108**
 Instructor: Crystal Taylor
 243789 Bauer Drive CC 4/18 Sa 10:00am-11:00am
 243790 Marilyn J. Praisner CC 4/20 M 6:30pm-7:30pm

Other Xtras**Gemology**

Adults: Study of Gemstones and their value based on their chemistry, desirability, durability, availability, and history; trace the development of identification and taxonomy and the changing concepts in the field. There will be related videos, expert guest speakers, and an occasional field trip. The hands-on course will be supplemented by the use of simple instruments and the examination of numerous specimens and books.

9 Sessions **\$87**
 Instructor: Lisa Carp
 241980 Potomac CC 4/22 W 10:00am-12:00pm

Juggling: You Can Juggle Too;**You Can Juggle Three**

Ages 13&Up: This hands-on class teaches the basics of the art of juggling. Juggling is fun and a great way to exercise. It can improve motor skills, hand-eye coordination, rhythm, timing, and balance. Juggling can help you relax and relieve stress. You can also build confidence and self-esteem by learning to do what seemed impossible before. You can even experiment with tricks. Juggling balls will be provided during the class. Sets of 3 juggling balls (for practice at home) will be available from the instructor for \$3.00 per set (optional). Wear comfortable clothing. Please note this class has 2 sessions.

2 Sessions **\$20**
 Instructor: Johnarthur Lightfoot
 242032 Potomac CC 4/23 Th 7:00pm-8:30pm

NEW Laughter Yoga

Ages 13&Up: As we know, laughter is the best medicine, this workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. Side effects include reduced stress, calm mind, anxiety relief, reduced depression, increased energy and improved concentration. For additional information, contact Kumud Mathur at 301-299-3334.

9 Sessions **\$68**
 Instructor: Kumud Mathur
 242031 Potomac CC 4/14 Tu 7:15pm-8:00pm



Wisconsin Place Community Recreation Center to Open Soon!

This all new 2-story Center will feature:

- A full size gymnasium
- State-of-the-art exercise and fitness room
- Activity rooms
- Conference room
- And more!

Located in the heart of Chevy Chase at 5311 Friendship Boulevard.

**For more information, call
240-777-6900.**



Baby Boomers

For more programs for **Active Adults 55+**, see pages 84-92.

Dance-Tap and Jazz for Baby Boomers

Ages 44-64: This toe-tapping dance is the perfect way to have keep fit while having fun. Get your feet in the beat and have fun with this energetic class!

8 Sessions

\$68

Instructor: Rowena DeLuca

243685 Holiday Park SrC 4/13 M 6:00pm-7:00pm

Etiquette for Baby Boomers

Ages 43-63: Increase your confidence by learning to guidelines and rules for etiquette. Knowing the rules of tipping, what to include in a thank-you note, dining etiquette, when and how to greet and shake hands are some of the topics that will be covered in this fun approach to etiquette. Whether you want to improve your business etiquette, handle your self with ease in social settings or make new friends this class will increase your comfort and sociability.

1 Session

\$12

Instructor: Crystal Taylor

244380 Holiday Park SrC 4/28 Tu 7:00pm-8:30pm

Party Planning for Baby Boomers

Ages 43-63: This wonderful event planning workshop will give you tips to plan the perfect party or event. This workshop will give the tricks of the trade to plan the perfect party without the stress of event planning!

1 Session

\$12

Instructor: Crystal Taylor

244381 Holiday Park SrC 5/12 Tu 7:00pm-8:30pm



Lawn Bowling

Ages 43&Up: This class is opened to all Baby Boomers and Active Seniors. The sport of lawn bowling can trace its North American beginnings to the 17th Century when English Colonists brought the game to the new land. A bowling green was built at Williamsburg VA in 1632, and the game is still played there today on a beautiful green behind the Williamsburg Inn. Played exclusively and mostly by men in its early days, lawn bowls has attracted many women players in recent decades. Beginners and experienced players welcome to play. \$5 equipment fee paid to instructor at the first class.

16 Sessions

FREE

Instructor: Liz Helmick

244409 Bauer Drive CC

4/15 W, F 12:30pm-2:30pm

Register from the comfort of your own home or wherever you have an internet connection!

No need to walk in or mail in your registration form. Your registration is complete with only a few mouse clicks using RecWeb Internet Registration!

You must have an account with us before you register via RecWeb. For more information about RecWeb, visit our website at www.montgomerycountymd.gov/rec and select *Registration*.



For those who prefer to register on the phone, we still offer STARLine, our automated touchtone phone registration system. Visit our website for complete information about using STARLine.



Have more questions about how to register?

Call us at 240-777-6840 and we'll be glad to answer any questions you might have.

All registrations and debts owed on your account must be paid for in full when you register via RecWeb or STARline.

Arts Classes

Spring 2009

Beginning March 30, 2009

Classes and workshops for all ages and abilities!



Join us for a wide variety of classes in dance, music, theater arts and visual arts! From ballet to hip hop to piano to acting to painting—and more—there's a class for you!

Here's a sampling of what we offer!

Youth

Drama Kids
Creative Movement (preschoolers)
Cartooning
Hip Hop
Jazz/Tap Combo

All levels

Guitar
Piano
Ballet
Tap

Adult

Ballroom Dancing
Dance Fitness Fusion
Watercolors
Showstoppers!
Salsa

And don't forget our summer camps! Arts Camps (for kids entering grades 3–8); "Adventures in the Arts" (age 4–Grade 2); Magic Camp; and Ballet Dance

For more information, call 301.528.2260 or visit www.blackrockcenter.org. (Limited scholarships available.)

BlackRock Center for the Arts 12901 Town Commons Drive Germantown, Md. 20874

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Spring!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.



ROUND
HOUSE
THEATRE

08/09

GREAT BOOKS. UNBOUND. AND MORE.

EURYDICE

Sarah Ruhl's Off-Broadway hit
reinvents a timeless love story
"Warmth, humor and theatrical
imagination." —*New York Times*
FEBRUARY 4—MARCH 1, 2009

ONE FLEW OVER THE CUCKOO'S NEST

The brash McMurphy battles the tyrannical
Nurse Ratched for control in a world
where sanity means conformity

APRIL 1—APRIL 26, 2009

A SLEEPING COUNTRY

A sparkling new comedy about sleep
lost and hope found as a woman goes to
incredible lengths to cure her insomnia

MAY 27—JUNE 21, 2009

240.644.1100 or roundhousetheatre.org

Groups of 10 or more, call 240.644.1387

InfomONTGOMERY

Connecting People to Resources within Montgomery County, Maryland



Get Connected!

GO TO www.infomontgomery.org

Discover a unique directory
of up-to-date information on
community services for children, teens,
families, adults and seniors

*infoMONTGOMERY is a collaborative inter-agency effort managed by the
Montgomery County Collaboration Council for Children, Youth and Families, Inc.*

The Sports Pages

Become a Team Player...

The benefits are endless when you play on one or more of the many Co-Rec, Women's or Men's sports leagues!

- Meet New People!
- Have a Great Time!
- Get Fit!
- Learn a New Skill!
- Discover a New You!
- Energize!
- Socialize!
- Be a Winner!
- Get a Competitive Edge!
- Get a Thrill!

We offer an Adult Sports League for every age and ability level. Check out the schedule to the right and get the ball rolling. Registration for competitive sport leagues are team registration only. Individuals seeking teams can be placed on our "free agent" list. For more information about how you can form a team or join a team call Our Team at 240-777-6961 or visit us on the web, www.montgomerycountymd.gov/rec

Skate into Spring!

The Olney Manor Skate Park season will begin in March 2009 (weather permitting). The 90' by 160' park has features for skaters of all levels. Test your skateboarding skills on the Hubba Ledge, the Steps with Hand-rail, the Fox Box with Flat

Rail and a few other exciting features. Participants must be at least six years old to skate, and all skaters must follow the rules of the skate park at all times. There is a fee to use the park and protective gear is available for rent. For more information visit us on the web at www.montgomerycountymd.gov or call the skate park phone line at 240-777-4979 for up to date information.



Preview of Upcoming Recreational Youth Sports

Spring Registration for the following team sports begin:

In February:

- Adult Soccer
- Adult Softball
- Youth Softball
- T-Ball/Coach Pitch
- Adult Volleyball
- Adult Co-ed Flag Football
- Adult Two Hand Touch Football
- Youth Field Hockey

Summer Registration for the following team sports begin:

In April:

- Adult basketball
- H.S. JV/Varsity Basketball
- Rising Star 5th-8th Grade

In May:

- Adult Softball
- H.S. Fast Pitch Softball

For more information, call 240-777-6961

Youth Sports

Basketball

MD Sports Little Hoop Stars

Grades 4-6: Little Hoop Stars (Beginners) Introductory Basketball Course. This is a fun and entertaining class for the little ball players. Through creative games participants will learn new skills. Lower baskets and smaller balls will be used. Every child will become a little hoop star. Participants will receive a t-shirt and participation award.

6 Sessions **\$90**

Instructor: Jazz Perazic's MD Sports

243913	Damascus CRC	4/18	Sa	12:00pm-12:45pm
243912	Bauer Drive CC	4/18	Sa	3:15pm-4:00pm
243914	Leland CC	4/19	Su	1:30pm-2:15pm

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join experienced and positive One on One instructors for our weekly basketball clinic at your school. Fundamental skills are taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach participants the value of work, respect for authority and how to function as part of a team.

8 Sessions **\$87**

Instructor: One on One Basketball

243926	Clopper Mill ES	3/17	Tu	3:15pm-4:15pm
243928	Potomac ES	3/20	F	3:40pm-4:40pm

Player Development Program (PDP)

Ages 6-11: Progressive Skills clinics are divided by age and ability. The Player Development Program is a breakthrough concept in basketball training. Each player is evaluated at the first session to ensure they are participating at the correct color-level for their current ability. The Player Development Program is the best choice for aspiring basketball players because it's progressive and proven curriculum. Each Player receives a personal player evaluation and must master curriculum to make it to the next color level.

6 Sessions **\$115**

Instructor: One on One Basketball

Ages 6-8 (white level):

243932	Wheaton CC	4/18	Sa	12:00pm-1:00pm
243930	Germantown CC	4/19	Su	1:00pm-2:00pm
243931	Potomac CC	4/19	Su	1:00pm-2:00pm

Ages 8-11 (yellow level):

243935	Wheaton CC	4/18	Sa	1:00pm-2:00pm
243934	Germantown CC	4/19	Su	2:00pm-3:00pm
243933	Potomac CC	4/19	Su	2:00pm-3:00pm

MD Sports Rim Rockers

Ages 7-9: Introductory basketball course using lower baskets. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions **\$90**

Instructor: Jazz Perazic's MD Sports

243916	Damascus CRC	4/18	Sa	1:00pm-2:00pm
243915	Bauer Drive CC	4/18	Sa	4:00pm-4:55pm
243917	Leland CC	4/19	Su	2:30pm-3:30pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach sports plus the life skills of respect, commitment and teamwork

8 Sessions **\$110**

Instructor: Jazz Perazic's MD Sports

243885	Bradley Hills ES	4/14	Tu	3:15pm-4:30pm
243886	Oakland Terrace ES	4/14	Tu	3:30pm-4:45pm
243889	Glen Haven ES	4/14	Tu	3:30pm-4:45pm
243887	Olney ES	4/15	W	3:40pm-4:55pm
243893	Wayside ES	4/15	W	3:30pm-4:45pm
243895	Sherwood ES	4/15	W	3:15pm-4:30pm
243897	Ritchie Park ES	4/15	W	6:00pm-7:15pm
243884	Bethesda ES	4/16	Th	3:15pm-4:30pm
243890	Greenwood ES	4/16	Th	3:15pm-4:30pm
243891	Glenallan ES	4/16	Th	3:15pm-4:30pm
243896	Ashburton ES	4/16	Th	6:00pm-7:15pm
243898	Oakland Terrace ES	4/16	Th	6:00pm-7:15pm
243888	Flower Valley ES	4/17	F	3:15pm-4:30pm
243892	Kensington-Parkwood ES	4/17	F	3:15pm-4:30pm
243882	Luxmanor ES	4/20	M	3:15pm-4:30pm
243883	Burning Tree ES	4/20	M	3:15pm-4:30pm
243894	Rosemary Hills ES	4/20	M	6:00pm-7:15pm

MD Sports All Star Skills Basketball Clinic

Ages 8-17: Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions **\$140**

Instructor: Jazz Perazic's MD Sports

243906	Kingsview MS	4/17	F	7:00pm-9:00pm
243907	Ridgeview MS	4/17	F	7:00pm-9:00pm
243908	Tilden MS	4/17	F	7:00pm-9:00pm
243909	Lee, Col. E. Brooke MS	4/17	F	7:00pm-9:00pm
243911	Damascus CRC	4/18	Sa	10:00am-12:00pm
243910	Bethesda-Chevy Ch HS	4/19	Su	2:00pm-4:00pm



Our sport classes offer a fun and active alternative to TV and video games.



Soccer

Soccer Clinics by MD Sports

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental soccer skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for traditional recreation soccer leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach sports plus the life skills of respect, commitment and teamwork.

6 Sessions **\$65**

Instructor: Jazz Perazic's MD Sports

243923	MCRD Offices	4/18	Sa	11:00am-12:00pm
243924	Potomac CC	4/19	Su	12:00pm-1:00pm
243925	Bauer Drive CC	4/19	Su	3:00pm-4:00pm

MD Sports Pro Kix Soccer Clinics

Grades K-5: Jazz Perazic's MD Sports presents an after school program designed to provide participants with fundamental soccer skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for traditional recreation soccer leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach sports plus the life skills of respect, commitment and teamwork. Class begins immediately after dismissal from school.

8 Sessions **\$110**

Instructor: Jazz Perazic's MD Sports

243922	Luxmanor ES	4/14	Tu	3:15pm-4:30pm
243919	Glenallan ES	4/15	W	3:15pm-4:30pm
243918	Glen Haven ES	4/16	Th	3:15pm-4:30pm
243920	Stonegate ES	4/16	Th	3:15pm-4:30pm
243921	Oakland Terrace ES	4/20	M	3:15pm-4:30pm

Field Hockey

MD Sports Field Hockey

Grades 6-8 (girls): Sign up as individuals to be placed on teams or sign up individually with a pre-formed team. All participants will receive a t-shirt and participation medal. First place team will receive a trophy. Games and clinic will be held on Saturdays. 7-week program with 6 games. Participants required to have their own stick, mouth piece and shin guards.

7 Sessions **\$90**

Instructor: Jazz Perazic's MD Sports

243904	Potomac CC	4/18	Sa	12:00pm-6:00pm
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MD Sports Youth Field Hockey

Grades 4-5 (Girls): Field Hockey Instructional League will have four practices and four games. MD Sports Coaches will be available to assist with practices. Practices are run by volunteer coaches. Every participant will receive a t-shirt and participation award. Participants must have their own stick, mouth piece and gear.

7 Sessions **\$90**

Instructor: Jazz Perazic's MD Sports

243905	Potomac CC	4/18	Sa	12:00pm-6:00pm
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For fastest registration priority, use RecWeb, Starline, or register in person!

The Recreation Department offers five ways to register for activities: RecWeb internet registration, STARLine touchtone telephone registration, walk-in registration, mail, and fax. See page 162 for more information about each of these registration procedures.

A note about fax and mailed registrations: Our Customer Service representatives process faxed and mailed registrations as quickly as possible; but we cannot guarantee that these registrations will be processed immediately upon receipt. If there are walk-in customers at the Customer Service window when faxed or mailed registrations are received, the walk-in customers are served before the faxed or mailed registrations are processed. If faxed or mailed registration forms are received prior to the first official day of registration, these forms will be secured in a safe until registration begins. At that time, the faxed or mailed registrations will be processed, but may not necessarily be processed in the strict order that they were received, and all will be treated as if they arrived on the first day of registration.



FOR ACTIVE ADULTS ON

Spring 2009

Working, semi-retired, or retired, we realize that your schedule may be a busy one and yet you may want to take the time to try something new in either the day or evening hours SO we are adding a number of new activities to our Program Menu.

ALL REQUIRE PRE-REGISTRATION

If you would like us to add your name to our e-mail list and be updated on new happenings please e-mail us at recreation.customerservice@montgomerycountymd.gov and specify "Active Adults On The Go"

YOU MUST PRE-REGISTER FOR THE ACTIVITIES LISTED BELOW.
Registration form on page 176.



Baby Boomers!

Check out our new classes, specifically designed for the "Baby Boom" generation, ages 43-63. See page 78.

Solve Your Legal and Financial Puzzles at...

Elder Law Series-Spring 2009

A Series of Six Seminars Beginning Tuesday, May 5 and continuing Tuesdays weekly through June 9, 2009.

Holiday Park Multiservice Senior Center

3950 Ferrara Drive, Wheaton, MD

240-777-4999 or 301-590-2825

A series of six power-packed informational seminars for the 55+ population that will enlighten and help you solve your legal and financial puzzles.

Seminar schedule to include:

- How To Select Financial and Legal Professionals
- Reverse Mortgages 101: Learn from the Experts
- Tricks of the Trade for Those Holding Powers of Attorney
- Legal Rights of the Seasoned Consumer
- Am I Ready for the "What If's?"
- Wills, Trusts and Estate Planning

Registration fee is \$25.00 for the entire series (six seminars) or \$5.00 per seminar. Registration brochures and online access will be available in early April 2009. The Elder Law Series has earned national acclaim from The National Association of Counties (NACO), National Council on Aging (NCOA), and The Maryland Association of Senior Centers (MASC).

Sponsored by Montgomery County Elder Law Series Coalition, Department of Recreation, Senior Programs—with support from Montgomery County's Department of Health & Human Services, University of Maryland Cooperative Extension Service, Montgomery County Bar Association Elder Law Section, Beacon Newspapers and a consortium of community partners.

Baltimore Symphony Orchestra Performs at Senior Programs

Join us for one or more of these free performances by the professional musicians of the Baltimore Symphony Orchestra:



- Friday, May 29, 2009, 1:00pm
Brass Quartet
at Damascus Senior Center
- Monday, April 6, 2009, 1:15pm
Cellist Bo Li
at Holiday Park Senior Center
- Friday, March 6, 2009, 11:00am
Woodwind Trio
at Long Branch Senior Center
- Monday, April 20, 2009, 1:00pm
Trio La Milpa
at Longwood Community Center
- Friday, May 29, 2009, 1:00pm
Atlantic String Quartet
at Schweinhaut Senior Center

Start SOARing

See page 91 for more information including fees and registration information.

THE GO (AGE 55+)

Outdoor Activities for Active Adults 55 and Older

Explore some of the great natural resources and outdoor activities available in our area with experienced staff from Montgomery County Department of Recreation. With a small group of other active older adults take a new hike, try out a sea kayak or canoe or explore a wild cave. If you are ready for fun and challenging activities one of our trips could be for you. Transportation by County Van or meet us at the site.

Call 240-777-4925 or e-mail

matt.rowe@montgomerycountymd.gov for more information. **Pre-registration required.**

Hike: Patapsco Valley State Park **\$15**

243487 March 10 9:00am-4:00pm

Take a leisurely walk along the scenic Patapsco River in Howard County. Lunch on your own in Sykesville.

Hike: Cuningham Falls State Park **\$15**

243488 March 18 9:00am-4:00pm

Take a short hike and view the falls. Lunch on your own at the Cozy Inn.

Hike: Chestnut Land Trust/Parkers Creek **\$20**

243490 April 16 8:00am-4:00pm

Take a hike along scenic Parker's Creek as it meanders from Prince Frederick to the Chesapeake Bay in Calvert County. Lunch on your own at Stoney's on Broom's Island.

Hike: Greenwell State Park **\$20**

243491 April 28 8:00am-4:00pm

Walk the beaches, fish or rent a kayak (on your own) at this accessible state park on the lower Patuxent River. Lunch on your own at Sandgates Inn.

Flatwater Kayaking/Canoeing: Tridelphia Reservoir **\$40**

243492 May 5 9:00am-4:00pm

Enjoy a peaceful, quiet paddle on a beautiful local lake. Lunch on your own at Brookeville Farm Inn.

Flat Water Kayak Trip: Nanjamoy Creek /Lunch Captain Billy's Pope Creek **\$40**

243493 May 13 8:00am-4pm

Enjoy a leisurely paddle on a beautiful tributary of the lower Potomac. Lunch on your own.

River Kayaking: Potomac River **\$80**

243494 May 19 & May 21 8:30am-4:00pm (each day)

This is an introduction to kayaking in currents. The first day will primarily be instruction and the second day will (primarily) be a trip down the river.

Open Water Sea Kayaking Potomac River & Sandy Point **\$80**

243489 May 26 & May 28 8:00am-4:00pm (each day)

This is an introduction to open water sea kayaking. The first day will be in a protected area of the Potomac River without wind and waves. The second day, weather permitting, will be in the Chesapeake Bay where we may experience wind, waves and tidal currents. Bring a bag lunch for the first day and we will have a late lunch at Cantler's Riverside Inn on the 28th (on your own).





Active Adults 55+ Fitness

Active Adults Fitness Clinics

An opportunity for persons 55 years and older, to attend a clinic designed to inform beginners about the basics of healthful activity and how to utilize the exercise facilities in local MCRD Community Centers. Options exist for use of these facilities free of charge during specific days and times. The clinics are conducted by a Professor of Health at Montgomery College and are free to the public. Pre-registration is necessary. Call 240-777-4922 for more information.

Please look for registration fliers at your local Community Center with listings for the day and time of these clinic offerings.

Sites include:

Bauer Drive Community Center
Coffield Community Center
Damascus Community Center
East County Community Center
Germantown Community Center
Longwood Community Center
Leland Community Center
Potomac Community Center
Praisner Community Center
Upper County Community Center
Wheaton Community Center



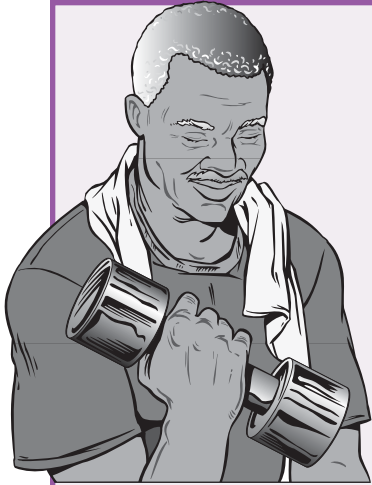
55+ Clinics: Introduction to the Weight Room

Group instruction designed for active seniors. Learn weight room etiquette, use of cardiovascular equipment, weight machines and free weights to develop a challenging circuit training routine that you can continue on your own.

FREE but you must pre-register.

- **Germantown Community Center** Second Thursday of month, 5:00pm
Mar. 12 243193 Apr. 9 213494 May 14 243195
- **Schweinhaut Senior Center** Third Thursday of month, 10:00am
Mar. 19 243188 Apr. 16 243191 May 21 243192
- **Holiday Park Senior Center** Last Thursday of month, 10:30am
Apr. 30 243187 May 28 243189

You also have access to an exercise and weight room at any Community Center Monday-Friday; 9:00am-2:00pm at no cost (refer to Silver Sneaker Exercise Program). If you use the exercise rooms on other days and times at the community centers, you will have to purchase a regular season pass.



Calling All Active Adults

Silver Sneaker Exercise Program

Montgomery County Recreation Department has instituted a new program for adults interested in a cardiovascular and resistance training regimen for health improvement. Beginning now, anyone 55 years or older, may make use of any of our local MCRD Recreation Centers from 9:00am–2:00pm, Monday–Friday at no charge. That's right, no charge! All you need to enjoy this program is our new Silver Sneaker Membership (it's free too!). Just swipe it at the front desk of any of our 15 centers and you are free to work out to your heart's (and other muscles) content. Our weight and exercise rooms have some of the latest and best equipment for strengthening your muscles and your heart utilizing a personalized

program designed to make your everyday activities, sports and recreational pursuits much easier.

If you wish, you can also take one of our free county-wide Active Adults Fitness Clinics that include personal instruction in the basics of exercise and the proper use of the equipment now available to you. You can't get a deal like this anywhere else! Flyers for these fitness clinics are available at any recreation center.

Silver Sneaker Membership required. Available at any of our 15 recreation centers, senior centers and our main office (MCRD swimming facilities are not included in this offer). Facilities differ as to quantity and style of exercise machines available.

This free activity is a public service of Montgomery County Recreation Department and is available at the following locations:

Bauer Drive Community Center
Clara Barton Community Center
Coffield Community Center
Damascus Community Center
East County Community Center
Germantown Community Center
Leland Community Center
Longwood Community Center

Long Branch Community Center
Marilyn J. Praisner Community Center
Plum Gar Community Center
Potomac Community Center
Ross Boddy Community Center
Upper County Community Center
Wheaton Community Center

Call 240-777-4922 or the Community Center you are interested in for more information.

Walk for the health of it!

Indoor Walking Program

Check out these great opportunities for indoor walking that are offered at your local Community Centers where you can walk in climate controlled, secure buildings:

- No rain, ice, or other weather concerns, dogs, bugs or uneven walking surfaces.
- Access Card recommended or sign-in required. Just check in at the front desk, swipe your card and do your walking.
- Bring a friend and talk or maybe just listen to your radio with earphones.

This free activity is a public service of Montgomery County Recreation Department and offered at the following sites. (If Gym is unavailable, Social Hall may be used, if not in use):

Bauer Drive Community Center
Clara Barton Community Center
Ross Boddy Community Center
Coffield Community Center
Damascus Community Center
East County Community Center
Germantown Community Center
Good Hope Community Center

Leland Community Center
Long Branch Community Center
Longwood Community Center
Plum Gar Community Center
Potomac Community Center
Marilyn J. Praisner Comm. Center
Upper County Community Center
Wheaton Community Center

Call 240-777-4922 or the Community Center you are interested in for more information.

Visit a Center this Spring,

where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth. Each program is unique.

Centers**Damascus Senior Center * +**
(M-F, 9:00am-4:00pm)

9701 Main Street, Damascus
240-777-6995

Gaithersburg Upcounty Senior Center * +
(M-F, 8:30am-4:00pm, Tu, 9:00am-8:00pm*)

80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County. *Beginning in April

Holiday Park Senior Center * +
(M-F, 9:00am-4:00pm)

3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center * +
(M-F, 10:00am-2:00pm)

Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * +
(M-F, 8:30am-4:00pm, Sat, 9:30am-3:00pm)

1000 Forest Glen Road, Silver Spring
240-777-8085

Neighborhood Centers

If no phone number is listed, call the office at 240-777-4925.

Bauer Drive + (M 10:00am-2:00pm)

Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Clara Barton (W 10:00am-2:00pm)

Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Clarksburg (W 10:00am-2:00pm)

Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield (Tu, W, Th, 10:00am-2:00pm)

Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

**East County * + (Tu, F, 10:00am-2:00pm)**

East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Germantown + (M, Th, 10:00am-2:00pm)

Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Program**(Tu, W, F, 9:00am-4:00pm)**

Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Leland (call for information)

Leland Community Center,
4301 Willow Lane, Chevy Chase
301-652-2249

Longwood + (M 10:00am-2:00pm)

Longwood Community Center,
19300 Georgia Avenue, Brookeville

Poolesville Area

Call 240-777-4925 for information on future programs.

Potomac + (Tu 10:00am-2:00pm)

Potomac Community Center,
11315 Falls Road, Potomac

Praisner * + (Th 10:00am-2:00pm)

Marilyn J. Praisner
Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Ross Boddy * + (W, Th, 10:00am-2:00pm)

Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring

Waverly House * (Th 10:00am-2:00pm)

Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available

+ Limited transportation available

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6. Days and times are available by going to the montgomerycountymd.gov web site and looking at the program schedule (click on County Cable 6).

Special Activities and Events

Listed below is just a small sampling of what is offered at the various sites listed on page 88. Call 240-777-4925 or visit a location to obtain more information on Senior Center and Neighborhood Programs.

Damascus Center

9701 Main Street, Damascus, MD
240-777-6995

Read Aloud Program

Monday, March 2, 10:00am

An Intergenerational Program; twenty seniors will read to the children from Damascus Elementary School. If you are interested in participating, contact Damascus Senior Center at 240-777-6995.

St. Patrick's Day Luncheon

Tuesday, March 17, 12:00pm

Chef Sue will cook a wonderful meal to celebrate old St. Patrick's Day, including everything green to celebrate the day. Cost: 60 years and older-donation requested; younger than 60 years-\$7.00. Entertainer scheduled for 1:00pm.

Golden Aires Big Band

Wednesday, April 1, 1:00pm

The Golden Aires return with their 25 piece big band to perform numerous hits from the 1930's and 1940's. Free. Montgomery County Nutrition Lunch is available; please call 240-777-6995 for a reservation in advance.



Senior Prom

Friday, April 24, 6:00pm-8:30pm

In partnership with the Development of Characters and Careers (DOCCS) presents the 3rd Annual Damascus Senior Center Senior Prom. Join us as we have food, music, door prizes, DJ, and a great time. Please call 240-777-6995 to sign up to attend. Free.

Garden Luncheon Party

Wednesday, May 13, 12:00pm

Chef Sue will cook the meal for all of our Garden Party Luncheon participants. The meal will be a Chef Sue 'special' and should not be missed. Cost: 60 years and older-donation requested; younger than 60 years-\$7.00. Entertainer (TBA) scheduled for 1:00pm.

Long Branch Center

8700 Piney Branch Road, Silver Spring, MD
301-431-5708

Spring Fashion Show

Tuesday, March 17, 11:00am

Show off your best outfit and enjoy the show and refreshments. Free.

Junior and Senior Prom

Monday March 30, 11:00am-2:00pm

Formal dance for seniors and teens features terrific dance music, lots of intergenerational fun and great food. Co-sponsored by the MCRD Teen Team. Free. Lunch fee separate.

Free Hearing Screening

Tuesday, April, 21, 10:00am-1:00pm

Lina Barreneche evaluates hearing levels.

Building Good Relationships with Family and Friends

Thursday, April 16, 11:00am

Relationships require lots of TLC. Let Robin Bunch, Holy Cross Hospital Health Educator show you how.

Memory Academy

Fridays, April 17-May 15, 10:30am-12:30pm

Improve memory skills in 5 sessions. Learn how memory works and strategies for remembering names, faces and numbers. Fee: \$25 includes book. Call Holy Cross (301-754-8800) to register.



Mother's Day Luncheon

Friday, May 8, 11:00am-2:00pm

Let's celebrate mothers and motherhood. Lavish luncheon, entertainment and corsages for the ladies. Reservations required. Fee.

Moving and Grooving

Monday-Friday, 9:00am-10:30am

Get moving to great music. Walk at your own pace, dance, sing, whatever moves you. Music provided. Free, but Access Card required. Access cards also are free of charge.

Holiday Park Center

3950 Ferrara Drive, Wheaton MD
240-777-4999

Music Flourishes and Blooms On....

International Folk Songs and Light Opera Friday, March 6, 1:15pm. Performed by The Cantanti Singers. Fee: \$1.00 at door.

Great Moments from Opera and Operetta Thursday, April 2, 1:15pm. Presented by the Forum Opera Ensemble – Barbara Collier, soprano, Deborah Kieffer, mezzo soprano, Jonathan Paul, baritone and Sue Petito, pianist. Fee: \$2.00 at door.

Classical Piano Program by international composers including American Aaron Copeland Monday, April 20, 1:15pm. Performed by the Piano Society of Greater Washington. Free.

Celebrate Spring with the Isis Ensemble Duo Thursday, April 30, 1:15pm. Amy Thomas, flute and Michelle Lundy, harp. Classical program of international offerings. Free.

A Healthier and Happier You...

Save Your Skin Tuesday, March 24, 1:15pm. Dr. Thomas Yu, Suburban Hospital, talks about how to protect your skin from the sun. He will also address problem skin areas and when you should visit a dermatologist. Free.

Creating a Personal Health Portrait Thursday, March 26, 1:15pm. Learn to manage your health with an easy online tool. Know your risks and be a more informed and organized health consumer. Presented by Susan Morris, University of Maryland Cooperative Extension Service. Free.

Hand Building Pottery Workshop Wednesday, March 25, 1:15pm. Explore the ways to produce pottery by hand using simple tools or by using just your hands and fingers. Make slabs and coils and produce your own original creation. Fee: \$2.00. Pre-register. Space limited.

Dance Club Friday at Holiday Park. Dance, Romance, Boogie, and Rock..... All dances begin at 1:15pm. Fee: \$5.00 at door.

- March 13, Music by Mike Surratt
- March 27, Music by the John Brown Band with Dolly Benhoff
- April 17, Music by Mike Surratt
- April 24, Music by the John Brown Band with Dolly Benhoff
- May 8, Music by Mark Hanak
- May 15, Music by Mike Surratt
- May 29, Music by The John Brown Band with Dolly Benhoff



Margaret Schweinhaut Center

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

Entertainers every Friday at 1:00pm

- March 6, Karen Devitt sings Broadway tunes and plays great piano music.
- March 13, Mary Ann Yung from the National Theater Outreach portrays Clara Barton
- April 3, "The Good Times Band" 4-piece combo plays and sings country & 70's music.
- April 17, Doug Cook comes sounding and playing like Conrad Twitty, Elvis Presley, etc.
- May 1, Anna Pappas in "Class Act" present a vaudeville performance singing and dancing

Health Issues Tuesdays at 10:30am

- March 10, Marie Price "Feeling Too Tired: Chronic Fatigue"
- March 24, "Dizzy Over You: Vertigo" from Washington Adventist Hospital
- April 14, Head Cancers: Head, Neck and Brain updates on newest cures from Holy Cross Hospital
- May 5, Seasonal Allergies and Asthma from Suburban Hospitals Speakers Bureau

New Courses and Classes Please call the Center for more information and to sign up:

Free Tax Preparation Tuesdays, February 3 to March 31, 9:30am-3:00pm. Sponsored by AARP. Call Center to make an appointment.

Eating Wisely for Better Health February 18 to March 25, Wednesdays 12:00pm. This free course is designed to provide counseling and current information improving your diet to improve your health.

Fall Prevention and Balance Classes

- **Measuring Your Abilities** March 9
- **Fall Proofing Your Home** March 10 (This is followed by twice weekly classes, March 16-June 1, Mon. & Wed. 10:45am-11:45am for those who measure up on March 9.) Free.
- **Chronic Disease Prevention** Thursdays, April 2 to May 7, 10:00am-12:00pm. Sponsored by Holy Cross Hospital.

Welcome to the SOAR Program

SOAR is the Montgomery County Department of Recreation's "Senior Outdoor Adventures in Recreation" program. It is a program designed for active adults, age 55 and over. Each activity or trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering/participating in an activity. All travel is by motor coach unless otherwise noted. Interested individuals should call 240-777-4925 to have a SOAR Brochure mailed to them in order to access DETAILS FOR EACH TRIP. Please Note: The registration and refund policies for this program vary from those listed elsewhere in this publication.

Cherry Blossom Cruise and Lunch on the *Spirit Cruise Line*, plus a visit to the "New" Newseum

Trip number: 229362 Thursday, April 2

Fee: \$89 Leave 10:15am, Return 6:15pm

Guided Tour of Dumbarton Oaks Mansion, Museum and Garden, Plus a Guided Tour of Dumbarton House

Trip number: 229363 Wednesday, April 15
229364 Thursday, April 16

Fee: \$45 Leave 8:30am, Return 4:30pm

Guided Tour of Newly Renovated James Madison's Montpelier

Trip number: 229365 Thursday, April 23

Fee: \$49 Leave 7:00am, Return 5:00pm

Bus Tour of the Largest Escape on the Underground Railroad, Guided by Noted Historian Mary Kay Ricks

Trip number: 229367 Wednesday, April 29
229368 Thursday, April 30

Fee: \$39 Leave 8:30am, Return 3:30pm

**Walking Tour of Historic St. Mary's City, MD**

Trip number: 229369

Wednesday, May 6

Fee: \$59 Leave 7:15am, Return 5:30pm

Experience the Epic Civil War Battle of Brandy Station in Virginia's Piedmont Countryside with Historian Ed Bearss

Trip number: 229370
229371
229372

Monday, May 11
Wednesday, May 13
Thursday, May 14

Fee: \$60 Leave 7:45am, Return 5:00pm

Tour to the Homes of the Presidents, Guided by Noted Author Anthony Pitch

Trip number: 229373 Wednesday, May 20
229374 Thursday, May 21

Fee: \$49 Leave 8:30am, Return 4:30pm

Batter Up! Play Ball! It's Baseball Time Again!

Trip number: 242331	Tuesday, May 5	Nationals vs. Houston Astros	leave 10:30am
242332	Wednesday, May 27	Orioles vs. Toronto Blue Jays	leave 11:00am

Fee: \$42

Walking Tour of Historic Annapolis and Boat Ride on the Harbor Queen

Trip number: 229375 Thursday, May 28

Fee: \$55 Leave 8:30am, Return 4:30pm

Our Annual Sailing Trip on Chesapeake Bay

Both trips are on Thursday, June 4

Trip numbers: 229376	Leave 8:15am, Return 3:30pm
229377	Leave 12:30pm, Return 7:30pm

Fee: \$79

White Water Rafting Trip on the Shenandoah River

Trip number: 229378 Thursday, June 11

Fee: \$75 Leave 8:00 am, Return 4:15 pm



Mini Trips/Short Day Excursions

These 4-6 hour trips are available for departure from your local senior center or neighborhood program. Busses for these trips accommodate 20-22 persons per bus. The transportation fee is \$7.00 payable to MCRD. This **does not** include lunch fees, entrance fees or any other additional fees associated with some of these trips. These additional fees are payable, by you, the day of the trip to the appropriate vendor. **Since our space is limited, we can't provide a detailed itinerary of each trip in this brochure. Prior to registering, call the senior program site (see page 88) on a day that the program meets and ask to speak to the Senior Program Director, or call our main office at 240-777-4925.**

Our busses are wheelchair accessible, but we must know in advance if you require this accommodation, to ensure your space if the trip isn't already full.

COURSE #	DATE	DEPARTURE/RETURN LOCATION	DESTINATION
March			
235719	3/02/09	Germantown	Trolley Museum
235721	3/03/09	Potomac	Civil War Museum, Frederick MD
235730	3/09/09	Leland	Strathmore Mansion
235724	3/10/09	East County	Columbia Mall
235731	3/11/09	Ross Boddy	Old Country Buffet/Patuxent Wildlife Refuge
235728	3/13/09	Praisner	The Pentagon
235729	3/16/09	Bauer	Montpelier Mansion/Olive Garden
235723	3/17/09	Schweinhaut	Clara Barton House
235722	3/20/09	Holiday Park	Walter's Art Museum, Baltimore MD
235720	3/23/09	Longwood	National Aquarium, Baltimore MD
235727	3/24/09	Long Branch	Covered Bridges of Frederick Co./Cozy Inn
235726	3/25/09	Coffield	Toby's Dinner Theater
235725	3/27/09	Damascus	Clara Barton House & Glen Echo Gardens
April			
235741	4/01/09	Clara Barton	Library of Medicine/Rockville
235733	4/03/09	East County	American Visionary Art Museum/Inner Harbor
235732	4/06/09	Germantown	Cotoctin Wildlife Museum, Thurmont
235734	4/07/09	Potomac	Strathmore Mansion
235737	4/08/09	Ross Boddy	Historic London Town and Gardens
235740	4/14/09	Praisner	Spirit of Baltimore Harbor Tour
235742	4/20/09	Bauer	Beltsville Ag. Research Ctr/Old Country Buffet
235736	4/21/09	Schweinhaut	Bowie, MD
235739	4/22/09	Coffield	Cozy Inn, Thurmont MD
235738	4/24/09	Damascus	National Aquarium, Baltimore MD
235744	4/27/09	Leland	Spring Luncheon
235743	4/28/09	Long Branch	Brookside Gardens
235746	4/29/09	Longwood	Museum of American History (Coach Bus)
May			
235750	5/01/09	East County	Linganore Wine Cellars
235745	5/04/09	Germantown	National Harbor
235747	5/05/09	Potomac	Rockville Visual Arts Center/Library
235758	5/06/09	Leland	Rockville Visual Arts Center/Library
235753	5/08/09	Praisner	Philips Restaurant Harbor Place Crab Feast
235754	5/11/09	Longwood	National Harbor
235757	5/13/09	Ross Boddy	National Harbor
235748	5/15/09	Holiday Park	Annapolis Harbor
235755	5/18/09	Bauer	Covered Bridges of Frederick Co. /Cozy Inn
235749	5/19/09	Schweinhaut	National Capitol Visitor Center
235752	5/20/09	Coffield	Baltimore Harbor
235751	5/22/09	Damascus	Covered Bridges of Frederick Co. /Cozy Inn
235760	5/27/09	Clarksburg	Baltimore Harbor





MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering multicultural understanding among residents and creating an inclusive society in Montgomery County. The Center offers a variety of programs in our Wheaton office and other community locations to support residents and to celebrate the diversity of our community. These programs and services include acculturation programs and services for newcomers; information and referral to County and other community services, and programs that highlight the County's diversity, its cultural wealth, and uniqueness.

The Gilchrist Center provides the following programs and services:

Programs for New Americans

English as a Second Language (ESOL): Attend classes for Beginning, Intermediate and Advanced levels taught on weekdays by Montgomery College and Saturdays by Gilchrist Center Volunteers. Free.

Clases de inglés para niveles básico, intermedio y avanzado. ¡Gratis!

English Conversation: Attend classes for advanced beginner and intermediate levels offered weekdays and Saturdays on an ongoing basis. Drop-ins welcomed. Free.

Everyday English: Learn basic vocabulary and conversational skills. Registration required. Free.

Tuesday Morning English: Practice your English language skills through conversation and grammar. Drop-ins welcomed. Free.

Citizenship Preparation Programs: Classes and tutoring for persons 55+ who are preparing for U.S. citizenship offered in Wheaton. Free.

Pro Bono (Free) Legal Clinic: The Montgomery County Bar Foundation offers legal consultations twice a month, on a first-come, first-served basis in Wheaton and Germantown. Call for dates and times. Free.

Consejos legales en Wheaton y Germantown. ¡Gratis!

House of Ruth Legal Clinics: for victims of domestic violence. Free.

Consejos legales para víctimas de violencia doméstica. ¡Gratis!

Familia-A-Familia: NAMI Montgomery County offers mental health training program and monthly support groups. Free.

Grupos de apoyo en español. ¡Gratis!

Wheaton Location: 240-777-4940

11319 Elkin Street, Wheaton, MD 20902

Monday: 9:00am–5:00pm

Tuesday, Wednesday & Thursday: 9:00am–9:00pm

Friday: 9:00am–1:00pm

Saturday: 9:00am–3:00pm

Cultural/Educational Programs

¡Hablemos! Attend the ongoing Spanish Conversation Club. Drop-ins welcomed. Free.

Spanish for Beginners: Learn basic vocabulary and conversational Spanish skills. Registration fee required.

Intermediate Spanish: Enhance your Spanish Language skills. Registration fee required.

Everyday Spanish: A basic survival Spanish language course. Registration required.

Basic Computers: Classes for beginners taught in English, Spanish and French. Registration fee required.

Clases de computación básica en español.

Classe d'informatique elementaire en Français.

"GO" Club: The Arthur Lewis Go Club invites you to learn this ancient strategy game! Ongoing. Drop-ins welcomed. Free.

Pampas Salvaje: Learn folk dances from Argentina and Paraguay on Saturday evenings in Wheaton. Drop-ins welcomed. Free.

Small Business Development Programs

Small Business Development Programs: LEDC offers technical assistance, micro-loans; and training sessions for small business owners and entrepreneurs.

Volunteer Opportunities

The following volunteer positions are available:

Information & Referral Assistant

ESOL Instructor/Instructor Aide

Basic Computer Instructor/
Instructor Aide

(English/Spanish/French)

Spanish Instructor
(Language/Culture/Literacy)

Event Helper

We provide SSL hours!



THERAPEUTIC RECREATION

Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.



Cooking for Kids

Ages 7-12 with disabilities: Everyone will help make, eat, and clean up a tasty snack each class. Will it be more fun making it or eating it? You decide! Focus will be safe food preparation, healthy food choices, and socialization. Parent participation is optional. 1 staff to 4 participants. No personal care provided.

6 One hour and thirty minute sessions **\$45**
243414 Bauer Drive CC 4/18 Sa 1:00pm

Creative Expression and Dance

Children, Ages 5-14, with mild developmental delays: This dance and creative movement class will offer young children the opportunity to increase motor skills develop self-confidence and creativity through the art of dance. 1 staff to 4 participants.

6 Forty five minute sessions **\$30**
243415 Bauer Drive CC 3/24 Tu 4:30pm

Fun, Rhythm & Roll-Just for Kids!

Ages 7-12: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk and fun dances. Designed especially for children with developmental disabilities and their peers. Movements are also adapted for individuals who use wheelchairs or other mobility devices.

8 Forty five minute sessions **\$60**
243391 Holiday Park SrC 4/18 Sa 9:00am



Therapeutic Recreation Dances

For teens and adults, ages 15 and up, with disabilities. DJ, refreshments, and opportunities for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in.

A REGISTRATION FORM IS NOW REQUIRED. PLEASE PRE-REGISTER.

Cost: \$5.00 club members; \$7.00 non-club members

Location: Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton

Spring Garden Party Dance

Saturday, April 25, 2009

Enjoy an elegant evening of lights and flowers and dancing with friends. Semi-formal dress.

243416 Holiday Park SrC 4/25 Sa 7:00pm

Bahamas Blast Dance

Saturday, June 13, 2009

Summer's coming and we're ready for the sun and fun! Wear your favorite beach shirts and shorts.

243417 Holiday Park SrC 6/13 Sa 7:00pm

TR BIG Game Nights

Ages 13&Up, with disabilities: Have fun playing oversized games with your friends, and come make new friends too. Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care.

4 Two-hour sessions **\$32**
243419 Holiday Park SrC 4/24 F 7:00pm

Karate for Individuals with Disabilities

Ages 6&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

10 Forty-five minute sessions **\$88**
243399 Holiday Park SrC 3/14 Sa 9:00am
243400 Holiday Park SrC 3/14 Sa 10:00am

TR Teen Fun Times

Ages 13-21 with disabilities: This restructured 6 week class includes arts and crafts activities, movements and dance, and local trips into the community. Participants should be able to indicate basic wants and needs, able to be safe in the community, and follow two step directions, no personal care provided. 1 staff to 4 participants.

6 Two-hour sessions **\$60**
243418 Holiday Park SrC 4/18 Sa 11:00am

Fun, Rhythm & Roll

Ages 15&Up, with disabilities: Enjoy moving to a world of rhythms. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances. Designed especially for teens and adults with developmental disabilities. Movements are also adapted for people who use wheelchairs or other mobility devices. Wheelchair users must be able to move their own chairs. (no class 4/11, 5/23)

10 Forty-five minute sessions **\$75**
Instructor: Sue Green
243390 Holiday Park SrC 4/4 Sa 10:00am
243392 Holiday Park SrC 4/4 Sa 11:00am

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number. You can also send us your email address to receive information.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive
Wheaton, MD 20906

PROGRAMS

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants. No class 5/25.

8 One hour sessions				\$33
243409	Wheaton CC	4/20	M	7:00pm
243410	Potomac CC	4/14	Tu	7:00pm
243411	Damascus CC	4/16	Th	6:30pm
243412	Bauer Drive CC	4/16	Th	7:00pm

Turn the Beat Around

Teens and adults, 15 and up with disabilities: Introduction to basic movement to music for exercise and social dancing. Participants should be able to indicate basic wants and needs and have minimum self-help skills. 1 staff/10 participants.

8 One-hour sessions				\$33
243421	Bauer Drive CC	4/16	Th	8:00pm
243422	Good Hope CC	4/15	W	7:00pm
243423	Upper County CC	4/15	W	7:00pm

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care provided.

8 One hour sessions				\$35
243380	ML King AqC	4/14	Tu	8:30pm
243381	Montgomery AqC	4/16	Th	8:30pm
243382	Germantown Indoor	4/15	W	8:30pm
243386	Olney Indoor	4/17	F	7:00pm

Beginning Handbuilt

Pottery for Adults

Ages 18&Up, with disabilities: Handbuilding techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 material fee due instructor. 1 staff to 8 participants. No personal care provided.

8 One hour sessions				\$65
243388	Wheaton CC	3/25	W	1:30pm

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least 2 weeks** prior to the start of the program. Please call 240-777-4925, TTY 240-777-6974, to schedule an intake for accommodations needed. Email: mainstream@montgomerycountymd.gov.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

RecTransitions

RecTransitions is a Therapeutic Recreation program designed for middle and high school students enrolled in Special Education. Students enrolled in the School Community Based (SCB) and the Learning For Independence (LFI) programs are the targeted audience. Rec is short for Recreation and Transitions refers to the Transition Program that moves students from school to work. Combining the two areas prepares students for recreational opportunities that they may pursue during their leisure time. Offerings include Water Aerobics, as well as the new Chair Yoga, Hip Hop Line Dancing and Circuit Training for middle school students. If you are interested, call our office at 240-777-4925.

Feeling Fit through Yoga

Call Therapeutic Recreation at 240-777-4925.
Holiday Park SrC

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions				\$35
243401	Germantown CC	4/19	Sun	1:00pm

Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision-making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic wants and needs. Spring schedule will begin in April.

Active Adults Club Adults, ages 21 and older, with developmental disabilities. 1 staff to 5 participants. Events require members to actively participate in community trips and group activities.

Spring Membership only (April-June) \$40

Weekenders Club Adults, ages 21 and older, with learning disabilities. 1 staff to 6 participants. This club serves independent members in group activities that are socially exciting in the community.

Spring Membership only (April-June) \$40



Volunteers Needed

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours. Training provided.

Call the Volunteer Coordinator at 240-777-4925

THE COMMUNITY CORNER

The 18 community and neighborhood recreation centers in Montgomery County provide a full range of recreational opportunities for all ages. Take advantage of recreation programs and services located "just around the corner" in your community.

Wheaton Community Center... Where Partnerships Prevail

Innovative programming at Wheaton has a lot to do with community partnerships.

Funded through the collaboration Council, and specifically for students at Kennedy and Wheaton High Schools Pride Youth Services, Incorporated (PYS) is a non-profit whose goal is to positively influence and improve the social, emotional, and cognitive development of young people by providing resources that equip them with the confidence and skills essential to making healthy and positive choices as they deal with life's challenges.

At Wheaton, they run two programs. The first, AFFIRM (Adolescent Female Forum to Inspire, Respect and Motivate) is for young women ages 12-18 and helps them develop healthy ways of valuing themselves and embrace their personal attributes. The second program, The AMEN Program (African-American Male Empowerment Network) focuses on African-American men ages 16-21 to help them develop healthy ways of valuing themselves and creating useful and productive strategies for confronting life's challenges.

Senior Fit, sponsored by Holy Cross, an exercise class that focuses on flexibility and strengthening, is designed especially for seniors 55 years and older. Classes are Monday and Wednesdays 10:30-11:30am and Fridays 12-1pm. Permission from your health care provider is required before beginning the program.

From 9am to 2pm on Wednesdays, The CASSA Program, a program for Asian Americans seniors uses Wheaton to hold English language and fitness classes, recreation activities, dancing, Tai Chi, Karaoke and mah-jongg.

And who could forget MCRD's inter-departmental collaborations, like the one with the Seniors and TR team, where on Tuesdays and Thursdays from 12:30 to 2:30pm seniors have been coming to play volleyball for over 15 years.



Get to Know Our Staff

A longtime neighborhood favorite, Wheaton Community Center sits right on Georgia Avenue. But what's new is the fresh youthful feel created by Center Director, Alex Taylor.


A former county youth, Taylor has been with MCRD for about 8 years-starting as a part-timer at the Gwendolyn Coffield Community Center, promoted to the Recreation Coordinator position at Leland Community Center, and most recently in April 2007, became the Director at Wheaton Community Center.

One thing that Alex loves about his center and the community that surrounds it is the constant support and services that they offer. Having worked at three different sites, "Wheaton neighbors," Taylor says, "offer more help, either by decorating the center, sponsoring special events, or just assisting with existing programs. Because of this, and the fact that we serve four high school clusters-Einstein, Kennedy, Wheaton and Northwood- Wheaton is indeed a unique place."

Besides his work at Wheaton, Alex is a loyal fan of MCPS high school football and basketball, so don't be surprised if you see him at a Friday night game. As a former coach at Bethesda-Chevy Chase High, Taylor gets a kick out of rooting for former recreation center regulars that compete in MCPS athletics.

Alex embodies what a center director should be- someone committed to his community, center, and kids, looking at what's going on around him, and incorporating those positives and negatives into his programs, events and activities. What more could a community ask for?





Teaching the Key Elements of Hip-Hop

In the past, Wheaton Community Center had a Collaboration Council grant funded after school program- "Team Wheaton" through the Hotspots. Once that ended the neighborhood kids were left with nothing to do after school.

Seeing the need for structured activities and noticing a drop off in the usually high participation, Taylor got creative. Being of the age when hip-hop became mainstream and knowing the enthusiasm young people have for the genre now, Taylor figured why not infuse his center's program with the kids interest.

Most people think that hip-hop is only rap music. But to those of a certain age, hip hop has key elements, and is more than just music. Although debated (some say five others say nine) the most well know elements of hip-hop are B-boying (or break dancing), MCing (rapping), DJing, Urban Art (graffiti) and Urban Fashion.

Taylor's love of hip-hop and youth lead to 3 creative classes targeting middle and high schoolers, combining elements of the music they love with life skills and creativity in a fun, structured environment. The DJ classes are held on Mondays with Richard Brown (DJ Yogi) of the Street Outreach Network. On Wednesdays, Hype Dance classes with Nartasha Wims and on Thursdays, Luis Peralta teaches Urban Art and Graffiti.

Students are recommended for this program through Alex Arevalo of the Street Outreach Network. This partnership started not only to capitalize on youths interest in hip-hop but also to funnel otherwise non-participatory youngsters into the center, with hopes that they become regulars.

Understanding the important link between hobbies and careers, Taylor, Brown, and Arevalo award those with consistent participation with summer jobs.




Coming
Soon!

WCC Computer Lab and Study Lounge

Slated to open after the holidays, the new Wheaton Community Center Computer Lab will feature 6 new workstations. The only requirement to use the lab is having an MCRD ACCESS card, and signing in and out on a daily login sheet. The lab will be used for homework support and basic computer classes for seniors and adults and will be taught by community volunteers with excellent experience and credentials.

Adjacent to the lab will be a study lounge featuring artwork from the students in the Urban Art and Graffiti program. It will provide a quiet space for academics- to catch up on some work, prepare for exams or just read a good book.



A Spotlight on the...
Wheaton Community Center
11711 Georgia Avenue, Wheaton
(301) 929-5500

The Wheaton Community Center is currently seeking Wheaton residents who are interested in formulating a Wheaton Community Center Advisory Committee. Interested applicants would be responsible for working together with the Montgomery County Department of Recreation to promote the development of recreational programming and the welfare of the community center facility. Applications are available at the customer service counter at the community center. Please contact Alex Taylor for further information at (301) 929-5500.

Hours of Operation

Monday, Tuesday, Wednesday 9am-10pm

Thursdays 9am-11pm

Fridays 9am -6pm

Saturdays 9am-3pm

Featuring: Gym, Fitness Room, Social Hall with Kitchen, Art and Pottery Studio, Billiards Room

We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges



To rent a space: Contact one of our Community Centers listed on page 99.

Take a Virtual Tour of our centers online at montgomerycountymd.gov/rec

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

DC Down-County

Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac, Friendship Heights

EC East County

Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

MC Mid-County

Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

UC Upcounty

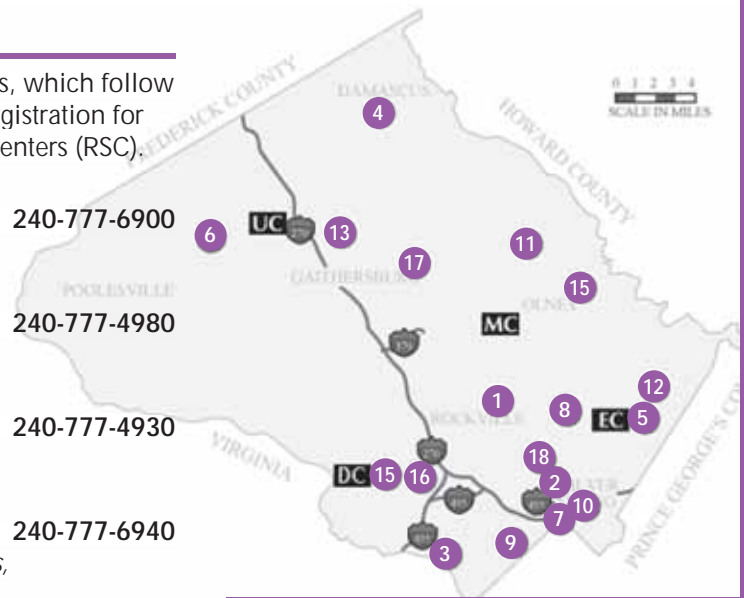
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown

240-777-6900

240-777-4980

240-777-4930

240-777-6940



Aquatic Centers: See page 7.

Senior Centers: See page 88.

Other Locations: See page 108.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRCs can also be rented. Call for specific hours and availability.

- | | |
|---|---|
| <p>1 Bauer Drive Community Center
301-468-4015
14625 Bauer Drive, Rockville</p> <p>2 Charles Gilchrist Center for Cultural Diversity
240-777-4940
11319 Elkin Street, Wheaton</p> <p>3 Clara Barton Community Center
301-229-0010
7425 MacArthur Boulevard, Cabin John</p> <p>4 Damascus Community Center
240-777-6930
25520 Oak Drive, Damascus</p> <p>5 East County Community Center
301-572-7004
3310 Gateshead Manor Way, Silver Spring</p> <p>6 Germantown Community Center
301-601-1680
18905 Kingsview Road, Germantown</p> <p>7 Gwendolyn Coffield Community Center
240-777-4900
2450 Lyttonsville Road, Silver Spring</p> <p>8 Good Hope Community Center
240-777-8055
14715 Good Hope Road, Silver Spring</p> <p>9 Leland Community Center
301-652-2249
4301 Willow Lane, Chevy Chase</p> | <p>10 Long Branch Community Center
301-431-5702
8700 Piney Branch Road, Silver Spring</p> <p>11 Longwood Community Center
240-777-6920
19300 Georgia Avenue, Brookeville</p> <p>12 Marilyn J. Praisner (formerly Fairland) CRC
240-777-4970
14906 Old Columbia Pike, Burtonsville</p> <p>13 Plum Gar Community Center
301-601-0966
19561 Scenery Drive, Germantown</p> <p>14 Potomac Community Center
240-777-6960
11315 Falls Road, Potomac</p> <p>15 Ross J. Boddy Community Center
240-777-8050
18529 Brooke Road, Sandy Spring</p> <p>16 Scotland Community Center
301-983-4455
7700 Scotland Drive, Potomac</p> <p>17 Upper County Community Center
301-840-2469
8201 Emory Grove Road, Gaithersburg</p> <p>18 Wheaton Community Center
301-929-5500
11711 Georgia Avenue, Wheaton</p> |
|---|---|



Montgomery County Golf



Family Golf Days

All MCRA golf courses will be offering **Family Golf Days** this season. **Family Golf** is all about learning and sharing the game of golf as a family. Throughout the season, our golf courses will offer special times for you to learn and play golf as a family. To help get you started, we will offer one-hour Family Golf Clinics and 9 holes of golf at all MCRA operated golf courses. The price for these clinics is \$15.00 per person or \$50.00 per family foursome and includes golf and clinic. The dates are as follows:

Saturdays from 4:00 – 5:00 p.m.: April 4, May 2, June 6, July 11, August 1

We have also created the perfect **Family Golf Outing**, in which your family can play golf on the course and have fun for everyone's ability throughout the year. We have partnered with the PGA and U.S. Kids Golf in order to make golf more enjoyable for families, regardless of age and ability. All MCRA courses have designed a "course within a course" that establishes a beginner-friendly short course within our main golf course, which makes golf more enjoyable for players new to the game; provides a simple transition as abilities increase; enables players of varying ability to shoot similar scores; and encourages parents and kids to play golf together. Call any MCRA course for details and to find out when "Family Golf Tee Times" are available.

Falls Road Golf Course – Golf Programs (301) 299-5156 ext. 6

Falls Road Junior Group Lessons (Ages 6-8)

One-hour group lessons for 4 consecutive weeks held at the same time each week. The cost is \$125.00 per session. Class size will be 5-8 students per instructor.

Session

1	Saturdays	3:00 - 4:00 p.m.	April 4, 11, 18, 25
2	Sundays	3:00 - 4:00 p.m.	April 5, 12, 19, 26
3	Wednesdays	5:00 - 6:00 p.m.	April 8, 15, 22, 29
4	Saturdays	3:00 - 4:00 p.m.	May 9, 16, 23, 30
5	Sundays	3:00 - 4:00 p.m.	May 10, 17, 24, 31
6	Wednesdays	5:00 - 6:00 p.m.	May 13, 20, 27, June 3

Falls Road Junior Group Lessons (Ages 9-12)

One-hour group lessons for 4 consecutive weeks held at the same time each week. The cost is \$125.00 per session. Class size will be 5-8 students per instructor.

Session

10	Saturdays	4:15 - 5:15 p.m.	April 4, 11, 18, 25
11	Sundays	4:15 - 5:15 p.m.	April 5, 12, 19, 26
12	Wednesdays	6:15 - 7:15 p.m.	April 8, 15, 22, 29
13	Saturdays	4:15 - 5:15 p.m.	May 9, 16, 23, 30
14	Sundays	4:15 - 5:15 p.m.	May 10, 17, 24, 31
15	Wednesdays	6:15 - 7:15 p.m.	May 13, 20, 27, June 3

Falls Road Teen Junior Group Lessons (Ages 13-16)

One-hour group lessons for 4 consecutive weeks held at the same time each week. The cost is \$125.00 per session. Class size will be 5-8 students per instructor.

Session

19	Saturdays	5:30 - 6:30 p.m.	April 4, 11, 18, 25
20	Saturdays	5:30 - 6:30 p.m.	May 9, 16, 23, 30

Falls Road Junior Golf Camps (Ages 8-12)

These camps will be devoted to building basic fundamentals. The cost is \$300.00 per week per junior.

Session

1	Monday-Thursday	9:00 - 11:00 a.m.	April 6-9
	Friday	8:00 - 10:30 a.m.	April 10
2	Monday-Thursday	8:00 - 10:00 a.m.	June 8-11
	Friday	7:30 - 10:00 a.m.	June 12

3	Monday-Thursday	8:00 - 10:00 a.m.	June 15-18
	Friday	7:30 - 10:00 a.m.	June 19
4	Monday-Thursday	8:00 - 10:00 a.m.	June 22-25
	Friday	7:30 - 10:00 a.m.	June 26
5	Monday-Thursday	8:00 - 10:00 a.m.	July 6-9
	Friday	7:30 - 10:00 a.m.	July 10
6	Monday-Thursday	8:00 - 10:00 a.m.	July 20-23
	Friday	7:30 - 10:00 a.m.	July 24
7	Monday-Thursday	8:00 - 10:00 a.m.	July 27-30
	Friday	7:30 - 10:00 a.m.	July 31
8	Monday-Thursday	8:00 - 10:00 a.m.	August 3-6
	Friday	7:30 - 10:00 a.m.	August 7
9	Monday-Thursday	8:00 - 10:00 a.m.	August 17-20
	Friday	7:30 - 10:00 a.m.	August 21

Falls Road Junior Golf Camps (Ages 13-16)

This camp is designed for teenagers who wish to learn or improve their skills. These camps will be devoted to building basic fundamentals.

Session

10	Monday-Thursday	8:00 - 10:00 a.m.	July 13-16
	Friday	7:30 - 10:00 a.m.	July 17
11	Monday-Thursday	8:00 - 10:00 a.m.	August 17-20
	Friday	7:30 - 10:00 a.m.	August 21

Falls Road Adult Group Lessons – Beginner Level

These lessons are designed for people to learn to play golf (or better golf). Classes will stress the fundamentals of golf. These fundamentals don't change as you advance in your skills; the language and practice will become a bit more specialized. Each session will cover full swing, short shots around the green, putting and static fundamentals (grip, aim and set-up). These classes are also a great way to meet other new golfers or golfers coming back to the game. The cost is \$175.00 per person for one, 4-week session. Class size is 5-8 students.

Session#

1	Saturdays	11:00 a.m. - 12:00 p.m.	March 7, 14, 21, 28
2	Saturdays	11:00 a.m. - 12:00 p.m.	April 4, 11, 18, 25
3	Mondays	6:30 p.m. - 7:30 p.m.	April 6, 13, 20, 27
4	Tuesdays	6:30 p.m. - 7:30 p.m.	April 7, 14, 21, 28
5	Thursdays	6:30 p.m. - 7:30 p.m.	April 9, 16, 23, 30
6	Saturdays	10:00 a.m. - 11:00 a.m.	April 18, 25, May 2, 9
7	Wednesdays	10:00 a.m. - 11:00 a.m.	April 22, 29, May 6, 13
8	Saturdays	11:00 a.m. - 12:00 p.m.	May 2, 9, 16, 23
9	Mondays	7:00 p.m. - 8:00 p.m.	May 11, 18, June 1, 8
10	Tuesdays	7:00 p.m. - 8:00 p.m.	May 12, 19, 26, June 2
11	Thursdays	7:00 p.m. - 8:00 p.m.	May 14, 21, 28 June 4
12	Wednesdays	11:00 a.m. - 12:00 p.m.	May 20, 27 June 3, 10
13	Wednesdays	7:15 p.m. - 8:15 p.m.	June 10, 17, 24, July 1
14	Saturdays	10:00 a.m. - 11:00 a.m.	June 6, 13, 20, 27
15	Tuesdays	7:00 p.m. - 8:00 p.m.	June 16, 23, 30 July 7
16	Thursdays	7:00 p.m. - 8:00 p.m.	June 18, 25, July 2, 9

Falls Road Adult Group Lessons – Intermediate Level

These lessons are designed for people to learn to play golf (or better golf). Classes will stress the fundamentals of golf with greater detail. These fundamentals don't change as you advance in your skills; the language and practice will become a bit more specialized. Each session will cover full swing, short shots around the green, putting and static fundamentals (grip, aim and set-up). These classes are also a great way to meet other new golfers or golfers coming back to the game.

Session

26	Thursdays	6:30 p.m. - 7:30 p.m.	May 7, 14, 21, 28
27	Tuesdays	7:15 p.m. - 8:15 p.m.	June 9, 16, 23, 30

Laytonsville Golf Course – Golf Programs (301) 948-5288

Laytonsville Golf Course 2009 One-Week Junior Golf Camps (Ages 6-17)

Introduction to golf, safety, and etiquette, grip, stance, and set-up on day one, followed by full swing on day two. Instruction on pitching, chipping, and putting along with a course walk on day three. Practice on the par-three course on the driving range on day four, and an on-course tournament will be held on day five. The cost is \$170.00 per junior per camp. Mondays through Fridays from 8:00 a.m. until 10:00 a.m.

Laytonsville Junior Camps

June 22, 23, 24, 25, and 26, /29, and 30,

July 1, 2, 3, /6, 7, 8, 9, 10, /13, 14, 15, 16, 17, /20, 21, 22, 23, 24, /27, 28, 29, 30, and 31

August 3, 4, 5, 6, 7, /10, 11, 12, 13, 14, /17, 18, 19, 20 and 21

Laytonsville Adult Group Lessons – Beginner/Intermediate Level

We are offering beginner and intermediate golf instruction. Each session will cover full swing, short shots around the green, putting, and static fundamentals (grip, aim, and set-up). The cost for each series is \$120.00 per person; each series consists of four group lessons. Class size is 5-8 students per instruction.

Wednesdays from 6:00 – 7:00 p.m.:

April 1, 8, 15, and 22 May 6, 13, 20, and 27 June 3, 10, 17, and 24 July 1, 8, 15, and 22 August 5, 12, 19, and 26

Saturdays from 1:00 – 2:00 p.m.:

April 4, 11, 18, and 25 May 2, 9, 16, and 23 June 6, 13, 20, and 27 July 4, 11, 18, and 25 August 1, 8, 15, and 22

Laytonsville Full Swing Clinics

Work on your swing with our PGA teaching staff at the driving range using your Irons and Woods. Clinics will stress the fundamentals of golf. A maximum of 10 participants will be in each 1-hour session. The cost is \$25.00 per person.

Saturdays from 2:00 to 3:00 p.m.

April 4, May 2, June 6, July 4, August 1, September 5, and October 3

Laytonsville Ladies Clinics

Work on your swing with our PGA Professional teaching staff at the driving range with your Irons and Woods. *Sorry guys, this class is for Ladies only!*

Tuesdays from 1:00 – 2:00 p.m.:

April 7, May 5, June 2, July 7, August 4, and September 1

Parent/Guardian & Child Clinic

Work on your game with our PGA teaching staff. The cost is \$40.00 per pair, maximum 5 pairs, unless otherwise specified. This is a great way to get the kids involved.

Session:

Saturday

3:00 p.m. – 4:00 p.m.

June 20

Laytonsville Free “Grow the Game” Clinic

This free golf clinic is designed for complete beginners to have a chance to work with our PGA teaching staff. These sessions will take place in a group environment of no more than 10 students. You will learn about the different kind of golf clubs (irons, woods, etc.) and when to use them. There will also be a greenside demonstration of how to chip and putt.

Saturdays from 12:00 to 1:00 p.m. March 28 and May 30

Poolesville Golf Course – Golf Programs (301) 428-8143

Poolesville Junior Golf Camp (Ages 8-17)

These four-day camps will teach juniors aged 8-17 basic skills, including full swing, chipping, putting, and on-course etiquette. Sessions will run Monday through Thursday from 8:30 to 12:00. Cost is \$160.00 per junior camper and includes lunch and a golf hat. Maximum 20 students.

Spring Break Session:

Monday-Thursday

8:30 a.m. – 12:00 p.m.

April 6, 7, 8, and 9

Mondays through Thursdays from 8:30 a.m. to 12:00 p.m.:

June 22, 23, 24, and 25 /July 6, 7, 8, 9; /20, 21, 22, 23 /August 3, 4, 5, and 6

Advanced Junior Golf Clinic (Ages 12-17)

These camps will be reserved for junior golfers aged 12-17 and will teach them on a more advanced level than our beginner junior golf camps. Students must have prior experience and their own clubs (prefer that they have attended at least one previous junior camp). Cost is \$200.00 per junior and includes lunch, a golf hat, and golf/range use after camp each day.

Mondays through Thursdays from 8:00 to 11:30 a.m.:

July 13, 14, 15, 16, /27, 28, 29, and 30 /August 10, 11, 12, and 13

Poolesville Golf Course Adult Golf Clinics

These four, one-hour clinics will teach adults of all ages basic skills, including full swing, chipping, putting, on-course etiquette, and a great overall introduction to golf. You will have FUN while learning to appreciate the sport of golf. Sessions will run on four consecutive Thursdays from 6:00 to 7:00 p.m. Cost is \$150.00 per session. Maximum 12 students per session, so sign up today.

*** Introductory Special ***

Sign up with a friend and receive a coupon for a FREE 9-hole round of golf.

Thursdays from 6:00 to 7:00 p.m.:

May 7, 14, 21, and 28 July 2, 9, 16, and 23 September 3, 10, 17, and 24

Rattlewood Golf Course – Golf Programs (301) 607-9000

Rattlewood Junior Golf Camps

Rattlewood Golf Course's 4-day Junior Golf Camps are taught by PGA Professionals, and focus on the fundamentals of golf, strategy, etiquette, and sportsmanship. On-course instruction and play, snacks, and refreshments are included, as well as prizes and awards. Each golfer receives 10% off merchandise at the Rattlewood Golf Shop. Cost is \$175 per student. Class size is limited to 20 students per session.

Spring Break Session: Monday–Thursday 8:00 a.m. – 11:00 a.m. April 6, 7, 8, and 9

Tuesdays through Fridays from 8:00 to 11:00 a.m.:

June 23, 24, 25, and 26 /July 14, 15, 16, 17, /28, 29, 30, and 31 /August 11, 12, 13, 14, /25, 26, 27, and 28

Rattlewood Adult Golf Clinics

Instruction will be provided by PGA Professionals on fundamentals, strategy, and etiquette. One-hour sessions over a 4-week period. Cost is \$100 per person. Class size is limited to 8.

Thursdays from 6:00 to 7:00 p.m.:

May 7, 14, 21 and 28 June 4, 11, 18 and 25 July 2, 9, 16 and 23

Saturdays from 10:00 to 11:00 a.m.:

June 6, 13, 20, 27 July 11, 18, 25, and August 1

Hampshire Greens Golf Course – Golf Programs (301) 476-7999

Hampshire Greens Junior Golf Camps (Ages 6-11)

This program is for the young person who is encountering golf for the first time or looking to improve on some basics he or she may have already learned. We will spend our time on the practice green and the driving range, and each session will include drinks and snacks. The cost for this program is \$150.00 per person, per 3-day session.

Tuesdays through Thursdays from 1:00 to 2:30 p.m.:

June 16, 17, 18, /23, 24, 25, / June 30, July 1, 2, /7, 8, 9, /14, 15, 16, /21, 22, 23, /28, 29, and 30
August 4, 5, 6, 11, 12, 13, 18, 19, and 20

Hampshire Greens Junior Intensive Golf Camps (Ages 12-17)

This camp is intended for the avid golfer who plays on a regular basis, is able to walk at least 9 holes carrying his/her bag, and who is trying to improve his/her game for the high school team or club team. Video analysis, course management, and daily play for prizes will help prepare these serious-minded golfers for their future endeavors. Our junior intensive program includes lunch and drinks. Cost is \$325.00 per person per session.

Spring Break Session – Cost \$260.00 for 4 days

Monday–Thursday 8:00 a.m. – 12:30 p.m. April 6, 7, 8, and 9

Monday through Friday from 8:00 a.m. to 12:30 p.m.:

June 8, 9, 10, 11, 12; 15, 16, 17, 18, and 19; 22, 23, 24, 25, 26;

June 29, 30, July 1, 2, 3; 13, 14, 15, 16, 17; 20, 21, 22, 23, 24; 27, 28, 29, 30, and 31

August 3, 4, 5, 6, 7; 10, 11, 12, 13, 14; 17, 18, 19, 20, and 21

Hampshire Greens Adult Evening Clinics for Beginners

All of the basics of golf will be taught from putting to driving. Clubs will be provided for those who have not yet purchased them. Class is on Tuesdays and Thursdays for two weeks. Cost is \$150.00 per person per session.

Tuesdays and Thursdays from 6:00 to 7:15 p.m.:

March 17, 19, 24, and 26 April 7, 9, 14, and 16, 21, 23, 28, and 30

May 5, 7, 12, 14, 19, 21, 26, and 28 June 2, 4, 9, 11, 16, 18, 23, and 25 July 7, 9, 14, 16, 21, 23, 28, and 30

August 11, 13, 18, and 20 September 1, 3, 8, 10, 15, 17, 22, and 24

Hampshire Greens Adult Advanced Clinics

This class is for the student who has participated in the beginner clinic or who has played golf for some time and wishes to improve his/her game. We will use video analysis of each golfer's swing to improve understanding and performance. This class will be limited to 6 students. This class will meet for four consecutive Wednesdays each month. Cost for this clinic is \$150.00 per student.

Wednesdays from 6:00p.m. to 7:15p.m.:

April 8, 15, 22, and 29 May 6, 13, 20, and 27 June 3, 10, 17, and 24 July 8, 15, 22, and 29 August 5, 12, 19, and 26
September 2, 9, 16, and 23

Hampshire Greens *FREE* Adult Beginner Clinics

Designed for complete beginners, these sessions will focus not only on how to play golf, but also on how to become comfortable and knowledgeable about the complete golf experience from how to make a tee time, to how to read a scorecard, to how to use the driving range, etc. Please call the Hampshire Greens Golf Shop at (301) 476-7999 for dates and times.

Northwest Golf Course – Golf Programs (301) 598-6100**Northwest Spring Break 3-day Junior Golf Camp (Ages 8-10 & 11-15)**

Our two-day Spring Break golf camp will provide education on the essential basics including safety, etiquette, grip, stance, and the fundamentals of the golf swing and playing on the course. The cost is \$90.00 per junior per session.

Monday-Wednesday

8:00 a.m. – 12:00 p.m.

April 6, 7 and 8

Northwest Golf Course 4 day Junior Golf Camps (Ages 8-13)

Our four-day camps begin with education on the essential basics including safety, etiquette, grip, stance, and the fundamentals of the golf swing. The cost is \$180.00 per junior per week. Lunch is included.

Day one: Range practice using short irons**Day two:** Range practice using long irons and woods**Day three:** On-course orientation focusing on safety and etiquette**Day four:** On-course play and awards**Mondays through Thursdays from 8:00 a.m. – 12:00 p.m.:**

June 22, 23, 24, 25 July 6, 7, 8, 9; 20, 21, 22, 23 August 10, 11, 12, 13

Northwest Golf Course Ladies 3-day Adult Golf Clinics

We will focus on the basics of golf, including getting started with the golf clubs, how to practice, the fundamentals of the golf swing, and ending with a walk through the clubhouse, on-course orientation, and a few tips on etiquette. Equipment required: golf clubs (if you have them) and dress to the weather. Ladies only for these clinics. The cost is \$90.00 per person per clinic.

Mondays

9:00 a.m. – 10:30 a.m.

March 23, 30, and April 6

Thursdays

6:00 p.m. – 7:30 p.m.

April 9, 16 and 23

Mondays

6:00 p.m. – 7:30 p.m.

May 4, 11, and 18

Thursdays

6:00 p.m. – 7:30 p.m.

May 14, 21, and 28

Northwest Golf Course Adult Short Game Clinics

The short game is the most important part of the game, but it is the least practiced. We will review every aspect of the short game. Chipping, when to bump and run, or when to hit a flop shot, pitching over a bunker, 50 yards off the green, and which clubs are the most important for these shots. The knowledge and skills after participation in this clinic has been known to drop scores by 10 to 20 shots per round. Equipment required: your golf clubs (if you have them) and dress to the weather. Class size is 8 to 10. The cost is \$120.00 per person per session.

Wednesdays	6:00 p.m. – 7:30 p.m.	March 11, 18, and 25
Tuesdays	6:00 p.m. – 7:30 p.m.	April 7, 14, and 21
Wednesdays	6:00 p.m. – 7:30 p.m.	May 13, 20, and 27

Northwest Golf Introduction – **FREE CLINIC**

Ideal for groups, singles, and families, this clinic was designed for complete beginners. These sessions will focus not only on how to play golf, but also on how to become comfortable and knowledgeable about the complete golf experience including how to make a tee time, how to read a scorecard, how to use the driving range, etc.

Mondays from 6:00 to 7:00 p.m.: March 30, April 20, and May 11

Northwest Golf Course 2-day Weekend “Parent/Child” Golf Camps

This exclusive 2-hour clinic is ideal for parents to learn golf with their kids. Our two-day weekend camps begin with education on the essential basics including safety, etiquette, grip, stance, and the fundamentals of the golf swing. The cost is \$80.00 per session.

Day one: Range practice using short irons **Day two:** Range practice using long irons, woods and chipping

Saturdays from 8:00 to 9:30 a.m.:

April 11, 18, May 2, 9, /23, 30, June 13, 20, July 18, 25, August 15, 22, September 12, 19, October 3, 10

Needwood Golf Course – Golf Programs (301) 948-1075

Needwood Junior Golf Camps (Ages 10-15)

We will be teaching the full spectrum of the game including short game; full swing; rules and etiquette; as well as respect for self, golf course, and others. *Students will be broken up into groups based upon ability, not age.* These camps will be limited to 20 students. The cost is \$225.00 per golfer. Each participant will receive golf balls and a Needwood Junior Camp shirt.

Tuesdays through Fridays from 8:00 to 11:00 a.m.:

June, 23, 24, 25, 26 /July 14, 15, 16, 17, /28, 29, 30, 31 /August 11, 12, 13, 14

Needwood All Day Summer Camp

Needwood's first all-day camp offered! Golfers will work on their entire game every day and will get ample time each day on the course. Lunch will be provided to each student along with snack and drinks throughout the day. This camp is the ultimate fun week for any junior golfer. Class limited to 12 students. The cost is \$425.00 per golfer.

Tuesday-Friday 8:30 a.m. – 3:00 p.m. July 7, 8, 9, 10

Needwood Junior Mini Camp

This class offers weekly instruction while school is still in session. The cost will be \$20.00 per week per student and the topics will cover putting, chipping, and 2 days of work on the range per session. Juniors must sign up for all classes in a session.

Tuesdays from 4:00 to 5:00 p.m.:

March 10, 17, 24, 31 April 7, 14, 21, 28 May 5, 12, 19, 26 September 8, 15, 22, 29 October 6, 13, 20, 27

Needwood Ladies Adult Clinic Series

Ladies only. The cost is \$150.00 per golfer. Ladies will start with putting in week one, move to chipping in week two, head to the range for irons in week three, and work on woods in week four. Many ladies who have taken this class still meet weekly for a round of golf.

Saturdays	9:00 – 11:00 a.m.	March 21, 28
Saturdays	10:00 – 11:00 a.m.	April 4, 11, 18, 25
Saturdays	10:00 – 11:00 a.m.	May 2, 9, 16, 30
Saturdays	9:00 – 10:00 a.m.	June 6, 13, 20, 27
Saturdays	9:00 – 10:00 a.m.	July 4, 11, 18, 25
Saturdays	9:00 – 10:00 a.m.	Aug 1, 8, 15, 22

Needwood Ladies Adult Clinic Series #2

Clinic Series #2 is designed for ladies who have completed the introductory class at Needwood. This class shifts and focuses more on the swing and playing the game. This class will help develop iron play and use of fairway woods and your driver. *If you are able to shoot a 9 hole of under 55, you are eligible to join this class without taking the prerequisite.*

Saturdays from 10:30 to 11:30 a.m.:

June 6, 13, 20, 27 September 12, 19, 26, Oct 3

Needwood Ladies Players Camp

The Ladies Playing Camp holds all instruction on the course in real playing situations. The class consists of 3 sessions; an on-course evaluation; a short game clinic and another round of golf on the executive course. Class size is limited to 8 students per session. Cost is 200.00 per session.

Saturdays from 4:00 to 6:00 p.m.:

April 25, May 2, 9 June 6, 13, 20 Aug 15, 22, 29

Needwood Adult & Family Golf Clinics

Adult evening clinics will be provided throughout the summer. This class will provide instruction on putting, chipping, and the full swing. This class is set up for beginners and intermediates to learn the game in a relaxed and enjoyable setting. Children must be over 14 years of age to participate with an adult. The cost is \$150.00 per golfer.

Tuesdays	6:00 – 7:15 p.m.	March 17, 24, 31, April 7
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Tuesdays from 6:15 to 7:30 p.m.:

April 21, 28, May 5, 12, /May 19, 26, June 2, 9, / June 23, 30, July 7, 14, / July 21, 28, August 4, 11, / August 25, September 1, 8, 15

Wednesdays	6:00 – 7:00 p.m.	April 1, 8, 15, 22
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Wednesdays from 6:15 to 7:30 p.m.:

May 6, 13, 20, 27, /June 3, 10, 17, /24, July 1, 8, 15, 22, /August 5, 12, 19, 26

Saturdays from 11:30 a.m. to 12:45 p.m.:

April 12, May 2, 9, 16, /May 23, 30, June 6, 13, / June 20, 27, July 4, 11, /August 1, 8, 15, 22

Needwood Adult Evening Clinic 102

This class is for individuals that have taken an adult evening clinic at Needwood. The instruction changes and focuses on ball striking and scoring. For the third class, the instructor will walk the golf course with you for a rules and etiquette discussion, as well as to give you a glimpse of the importance of understanding golf and making everyone comfortable.

Thursdays from 6:30 to 7:45 p.m.:

April 16, 23, 30, May 7, /June 4, 11, 18, 23

Saturdays from 3:00 to 4:15 p.m.:

May 2, 9, 16, 23, /July 11, 18, 25, August 1, /August 22, 29, September 5, 12

Needwood Playing Camp

You put together your own group of 3 to 4 (including yourself), and the Pro will ride around with you for 9 holes on the regulation course at Needwood. For groups of 3, the Pro will play along, if you would like. Simply pick a day and call the Golf Shop at Needwood to schedule your playing camp at a time that is convenient for you and your group. The cost is \$200.00 and can be divided by 2, 3, or 4 people, however you would like. Or maybe treat your group to a round with a Pro – you decide. You can call the Golf Shop to schedule your day at (301) 948-1075.

Needwood Nine and Dine

Held on Friday evenings, this exciting event for couples combines the joy of playing nine holes of golf with a gourmet meal and wine tasting to follow. The evening starts with a wine tasting on the driving range. Each couple will be offered three options of wine and will be able to enjoy their glass of wine while warming up on the driving range. After everyone is warmed up and relaxed, we will go out and play 9 holes with a different format each week. After the round, participants will gather together to meet new friends and share golf stories while enjoying a gourmet steak meal and beverages by our in-house chef. Sign up as two players or create your own foursome. Sign up limited to the first 40 participants.

Fridays: June 5, July 10, and August 7

Little Bennett Golf Course – Golf Programs (301) 253-1515

Little Bennett Golf Course One-Week Junior Golf Camps

We are offering a one-week Instruction Only Program for two hours a day. Cost of the Instruction Only camp is \$150 per junior per week-long session. We are also offering an Expanded Program for 4 hours daily, which includes instruction, 9-holes of golf, and lunch provided daily, and prizes awarded at the end of the week. Cost of the Expanded Program is \$300 per junior per week-long session.

Little Bennett Instruction Only Junior Camps: (Ages 6-17)

Mondays through Fridays from 2:00 p.m. to 4:00 p.m.:

June 22, 23, 24, 25, and 26; July 6, 7, 8, 9, and 10; 20, 21, 22, 23, and 24

Little Bennett Expanded Program Junior Camps: (Ages 10-17)

Experience on the golf course is required.

Mondays through Fridays from 8:00 a.m. to 12:00 p.m.:

June 22, 23, 24, 25, and 26; July 6, 7, 8, 9, 10; 13, 14, 15, 16, 17; 27, 28, 29, 30, and 31; August 3, 4, 5, 6, and 7

Little Bennett “FREE” Ladies Clinic

All levels of players are invited to analyze and assess your golf game so that we can jump start your golf season. Let us help you with the basic fundamentals in golf. Bring your clubs, and if you need clubs, contact us ahead of time and we will be happy loan you some for the clinic.

Saturday 10:00 a.m. – 11:30 a.m. April 18

Little Bennett Ladies Clinics

We will analyze and assess your golf game so that we can take your golf game to another level. From pre-shot routine, mental approaches to the game, rules situations and all shot types, we want to assist you in enjoying the game more and enhancing your knowledge about the game of golf. Cost is \$30.00 per session or \$120.00 for 5 sessions. Maximum 12 students per session.

Saturdays from 10:00 to 11:00 a.m.:

April 25, May 2, May 9, May 16, May 23

Little Bennett Adult Short Game Clinics

All levels invited to learn and improve your Short Game. This is the area where you can improve your scores the most and the fastest. Chipping, pitching, bunker play and putting will be the focus in these clinics. Maximum of 12 participants per session. Cost is \$30.00 per session or \$150.00 for 6 sessions.

Saturday 12:00 p.m. – 1:30 p.m. April 18, 25, May 2, 9, 16, 30
Saturday 9:00 a.m. – 10:30 a.m. June 13, 20, 27, July 11, 18, 25

Little Bennett ½ Day Golf Schools

Sign up your own threesome, and each will receive a complimentary future green fee. Cost for the 5-hour Day is \$249 per person. This is a clinic with the best value! Maximum 3 students per PGA Professional. Lunch is included.

First Hour: On the Driving Range - focus on swing mechanics and fundamentals.

Second Hour: At the Short Game Area - focus on chipping, pitching, lob shots and reading greens.

Third Hour: A full hour on the Science and Motion (SAM) Putt Lab with a certified professional who is able to train, teach, modify, and fit you and your putting stroke. Check out this amazing piece of equipment, the same used on Tiger Woods and PGA Tour Pros worldwide!

Final Piece of the Puzzle is 9-holes with “The Pro.” Learn on-course strategies and enjoy 9 holes of golf while learning to apply the information you learned in the morning sessions.

Thursdays from 8:00 a.m. to 1:00 p.m.:

April 30 and May 1

Facility Locations

ELEMENTARY SCHOOLS (ES)

Ashburton ES-6314 Lone Oak DR, Bethesda, 20817
Barnsley, Lucy ES-14516 Nadine DR, Rockville, 20853
Bethesda ES-5011 Moorland LN, Bethesda, 20814
Beverly Farms ES-8501 Post Oak RD, Rockville, 20854
Blair, Montgomery HS-51 University BLVD E, Silver Spring, 20901
Bradley Hills ES-8701 Hartsdale AVE, Bethesda, 20817
Briggs Chaney MS-1901 Rainbow DR, Silver Spring, 20904
Burning Tree ES-7900 Beach Tree RD, Bethesda, 20817
Cabin John MS-10701 Gainsborough RD, Potomac, 20854
Clemente, Roberto MS-18808 Waring Station RD, Germantown, 20874
Clopper Mill ES-18501 Cinnamon DR, Germantown, 20874
Cloverly ES-800 Briggs Chaney RD, Silver Spring, 20904
Damascus ES-10201 Bethesda Church RD, Damascus, 20872
DuFief ES-15001 DuFief DR, Gaithersburg, 20878
Flower Hill ES-18425 Flower Hill WAY, Gaithersburg, 20879
Flower Valley ES-4615 Sunflower DR, Rockville, 20853
Glen Haven ES-10900 Inwood AVE, Silver Spring, 20902
Glenallan ES-12520 Heurich RD, Silver Spring, 20902
Great Seneca Creek ES-13010 Daireymaid DR, Germantown, 20874
Greenwood ES-3336 Gold Mine RD, Brookeville, 20833
Jones Lane ES-15110 Jone LN, Darnestown, 20878
Kensington-Parkwood ES-710 Saul RD, Kensington, 20895
Luxmanor ES-6201 Tilden LN, Rockville, 20852
McAuliffe, S. Christa ES-12500 Wisteria DR, Germantown, 20874
McNair, Ronald ES-13881 Hopkins RD, Germantown, 20874
Oakland Terrace ES-2720 Plyers Mill RD, Silver Spring, 20902
Olney ES-3401 Queen Mary DR, Olney, 20832
Poolesville ES-19565 Fisher AVE, Poolesville, 20837
Potomac ES-10311 River RD, Rockville, 20854
Resnik, Judith A. ES-7301 Hadley Farms DR, Gaithersburg, 20879
Ritchie Park ES-1514 Dunster RD, Rockville, 20854
Rock Creek Valley ES-5121 Russett RD, Rockville, 20853
Rock View ES-3901 Denfeld AVE, Kensington, 20895
Rolling Terrace ES-705 Bayfield ST, Takoma Park, 20912
Rosemary Hills ES-2111 Porter RD, Silver Spring, 20910
Sherwood ES-1401 Olney-Sandy Spring RD, Silver Spring, 20860
Stonegate ES-14811 Notley RD, Silver Spring, 20905
Wayside ES-10011 Glen RD, Potomac, 20854
Wyngate ES-9300 Wadsworth DR, Bethesda, 20817

SECONDARY SCHOOLS (MS or HS)

Baker, John T. MS-25400 Oak DR, Damascus, 20872
Banneker, Benjamin MS-14800 Perrywood DR, Burtonsville, 20866
Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda, 20814
Frost, Robert MS-9201 Scott DR, Rockville, 20850
Gaithersburg HS-314 South Frederick AVE, Gaithersburg, 20877
Gaithersburg MS-2 Teachers' WAY, Gaithersburg, 20877
Hoover, Herbert MS-8810 Post Oak RD, Rockville, 20854
Johnson, Walter HS-6400 Rock Spring DR, Bethesda, 20814
Key, Francis Scott MS-910 Schindler DR, Silver Spring, 20903
Kingsview MS-18909 Kingsview RD, Germantown, 20874
Lee, Col. E. Brooke MS-11800 Monticello AVE, Silver Spring, 20902
Loiederman MS-12701 Goodhill RD, Silver Spring, 20906

Magruder, Col. Zadok HS-5939 Muncaster Mill RD, Rockville, 20855
Montgomery Village MS-19300 Watkins Mill RD, Gaithersburg, 20879
Newport Mill MS-11311 Newport Mill RD, Kensington, 20895
North Bethesda MS-8935 Bradmoor ST, Bethesda, 20817
Paint Branch HS-14121 Old Columbia PIKE, Burtonsville, 20866
Parkland MS-4610 West Frankford DR, Rockville, 20853
Parks, Rosa MS-19200 Olney Mill RD, Olney, 20832
Poole, John MS-17014 Tom Fox AVE, Poolesville, 20837
Redland MS-6505 Muncaster Mill RD, Rockville, 20855
Ridgeview MS-16600 Raven Rock DR, Gaithersburg, 20878
Seneca Valley HS-12700 Middlebrook RD, Germantown, 20874
Shady Grove MS-8100 Midcounty HWY, Gaithersburg, 20877
Silver Spring International MSI-313 Wayne AVE, Silver Spring, 20910
Sligo MS-1401 Dennis AVE, Silver Spring, 20902
Springbrook HS-201 Valleybrook DR, Silver Spring, 20904
Takoma Park MS-611 Piney Branch RD, Silver Spring, 20910
Tilden MS-11211 Old Georgetown RD, Rockville, 20852
West, Julius MS-651 Great Falls RD, Rockville, 20850
Westland MS-5511 Massachusetts AVE, Bethesda, 20816
Wheaton HS-12601 Dalewood DR, Wheaton, 20906
White Oak MS-12201 New Hampshire AVE, Silver Spring, 20904
Wood MS-14615 Bauer DR, Rockville, 20853

PARKS (LP, NP, PC)

Black Hill Regional Park-20930 Lake Ridge Dr., Germantown, 20841
Brookside Gardens-1800 Glenallen AVE, Wheaton, 20902
Camp Seneca Local Park-14500 Clopper RD, Boyds, 20841
Capital View-Homewood Local Park-2929 Edgewood RD, Kensington, 20895
Clarksburg Local Park-22501 Weems RD, Clarksburg, 20871
Falls Road Local Park-12600 Falls Road RD, Potomac, 20902
Glenmont Local Park-3201 Randolph RD, Wheaton, 20902
Norbeck-Muncaster Mill Neighborhood Park-4101 Muncaster Mill RD, Norbeck, 20853
North Chevy Chase Local Park-4105 Jones Bridge RD, Chevy Chase, 20815
North Four Corners Local Park-211 Southwood AVE, Silver Spring, 20901
Northwest Golf Course-15701 Layhill RD, Wheaton, 20906
Norwood Local Park-4700 Norwood DR, Chevy Chase, 20815
Olney Manor Recreational Park-16601 Georgia AVE, Olney, 20832
Pilgrim Hills Local Park-1615 E Randolph RD, Colesville, 20904
Pinecrest Local Park-301 St. Lawrence DR, Silver Spring, 20901
Quince Orchard Valley Neighborhood Park-12015 Suffolk TER, Gaithersburg, 20878
Sligo Cabin Neigh. Park-201 Wayne AVE, Silver Spring, 20852
Tilden Woods Local Park-6800 Tilden LN, Potomac, 20906
Veirs Mill Local Park-4425 Garrett Park RD, Wheaton, 20906
Wheaton-Claridge Local Park-11901 Claridge RD, Wheaton, 20902

POOLS (P, AqC, SwC)

Germantown Indoor Swim Center-18000 Central Park Circle, Boyds
Martin Luther King Swim Center-1201 Jackson Road, Silver Spring

Montgomery Aquatic Center-5900 Executive Boulevard, N. Bethesda
Olney Swim Center-16601 Georgia Avenue, Olney
Wheaton/Glenmont Pool-12621 Dalewood Drive, Wheaton

COMMUNITY CENTERS (CC)

Bauer Drive Community Center-14625 Bauer Drive, Rockville
Clara Barton Community Center-7425 MacArthur Boulevard, Cabin John
Damascus Com. Recreation Center-25520 Oak Drive, Damascus
East County Community Center-3310 Gateshead Manor Way, Silver Spring
Germantown Community Center-18905 Kingsview Drive, Germantown
Gwendolyn Coffield Community Center-2450 Lyttonsville Road, Silver Spring
Leland Community Center-4301 Willow Lane, Chevy Chase
Long Branch Community Center-8700 Piney Branch Road, Silver Spring
Longwood Community Center-19300 Georgia Avenue, Brookeville
Marilyn J. Praisner (Fairland) Community Center-14906 Old Columbia Pike, Burtonsville
MCRD Offices-4010 Randolph Road, Silver Spring
Olney Manor Skate Park-16601 Georgia Avenue, Olney
Potomac Community Center-11315 Falls Road, Potomac
Ross Boddy Community Center-18529 Brooke Road, Sandy Spring
Upper County Community Center-8201 Emory Grove Road, Gaithersburg
Wheaton Community Center-11711 Georgia Avenue, Wheaton

SENIOR CENTERS (SrC)

Damascus Senior Center-9701 Main Street, Damascus
Holiday Park Senior Center-3950 Ferrara Drive, Wheaton
Schweinhaut Senior Center-1000 Forest Glen Road, Silver Spring

LIBRARIES

Bethesda Regional Library-7400 Arlington RD, Bethesda, 20814
Wheaton Regional Library-11701 Georgia Avenue, Wheaton

OTHER FACILITIES

Camp Olympia-5511 Muncaster Mill RD, Rockville, 20855
Chef Bryan's Kitchen-251 Market ST W, Gaithersburg, 20878
Create Arts Center-816 Thayer AVE, Silver Spring, 20910
Falls Road Golf Course-10800 Falls RD, Potomac, 20854
Funfit, Inc.-17511 Redland RD, Derwood, 20855
Golden School of Music-8004 A Norfolk AVE, Bethesda, 20814
Hampshire Green Golf Course-616 Firestone DR, Ashton, 20905
Kritt Studio-14817 Brownstone DR, Burtonsville, 20866
Laytonsville Golf Course-7130 Dorsey RD, Laytonsville, 20882
Little Bennett Golf Course-25900 Prescott RD, Clarksburg, 20871
Needwood Golf Course-6724 Needwood RD, Rockville, 20855
Poolesville Golf Course-16601 West Williard RD, Poolesville, 20837
Rattlewood Golf Course-13501 Penn Shop RD, Mt. Airy, 21771
Studio 310-9743 Traville Gateway DR, Rockville, 20850



MONTGOMERY PARKS • SPRING 2009

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(Fill out the **green** section to register for Parks classes)

Registration begins
FEBRUARY 15
for most classes



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIRMAN

Spring 2009



Dear Friend of Montgomery Parks,

Did you know that wherever you are in Montgomery County (even in rural areas), you're never more than two miles away from one of our 410 parks? In most areas, there's a park within walking distance of your home. And with Spring on the way, there's never been a better time to take advantage of Montgomery Parks' award-winning programs, services and facilities.

Check out our Events Calendar for a schedule of fun upcoming Parks events, browse our program listings for top-quality classes like ice skating, hockey, and tennis, sign up for one of our incredibly popular nature programs, or hop onto www.ParkPermits.org to reserve a picnic shelter or Park activity building for your next party, reunion or celebration. There's a lot to do in the Parks this Spring! Registration for Summer Camps is open, too—you'll find camp info starting on page 161.

Here's a snapshot of what's new and exciting:

- The newly renovated Wheaton Tennis Center is open for business! Visit www.WheatonTennis.com for more information about reserving seasonal or spot court time.
- We've upgraded our Permit Office system to make reserving a Park facility easier. Visit www.ParkPermits.org to book a Park activity building, campsite or picnic shelter from the comfort of your home or office 24/7 – all you need is a ParkPASS account. ParkPASS accounts are free, and easy to set up. Visit www.ParkPermits.org or call 301-495-2525 for more information.
- Our miniature trains and carousel will be open during the MCPS "Spring Break," and many of our facilities and nature centers are offering special programs this week. See page 111 for just a few of these programs, and look through the different sections in this Guide for more fun and interesting things to do while school's out.
- Spring's a perfect time to check out the hiking trails in Rock Creek, Rachael Carson, Little Bennett and other regional parks, or the riding trails at Woodstock Equestrian Park.

We remain committed to providing you with the best quality Parks experience we can, for as long as we can – but the continuing budget cuts will require us to make some changes in order to accommodate the decrease in resources. You may notice less frequent mowing in some areas, fewer flowers, shrubs or new trees, and fewer free programs and events. We look forward to building these services back up as soon as possible, and appreciate your patience and understanding as we navigate these difficult economic times together.

As always, we welcome your thoughts and comments via phone (301-495-2595) or email (MCP-Parks@MontgomeryParks.org).

All of our best wishes for a happy, healthy and active New Year!

Royce Hanson
Chairman

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper

Fun for the Kids...a Break for You!

April 6-10, 2009 Spring Break in Montgomery Parks



Ice Dance Clinic

A week of professional ice dancing instruction for intermediate skaters (Gamma level and up) with a clear grasp of edges, three-turns, and mohawks. Skaters will learn dance patterns and music interpretation, and participate in on- and off-ice drills and strength-building exercises. Please bring a lunch and/or snack, and sneakers for off-ice training. WHEATON ICE ARENA

ParkPASS#70049 5 & UP 5 CLASSES \$260 APRIL 6-10 M-F 8AM-11:45AM

Ice Skating Institute (ISI) Freestyle Clinic

Freestyle-level skaters, use your spring break to get an intensive week of professional ice training. On-ice instruction will focus on jumps, spins, edge-work, field moves, power stroking and choreography; off-ice training will cover jumps, stretching, and strength conditioning/dance. Show off what you've learned in an ice show at the end of the clinic! Please bring a snack, and sneakers for off-ice training. CABIN JOHN ICE RINK

ParkPASS#67812 5 & UP 5 CLASSES \$275 APRIL 6-10 M-F 8AM- 1PM

Outdoor Adventure Camp

Celebrate spring in the great outdoors in this exciting day camp! Activities include hiking, canoeing/kayaking, ropes course, rock climbing, archery, and learning basic camping skills. Some activities take place off-site, and are subject to change (depending on weather). ROCKWOOD MANOR PARK

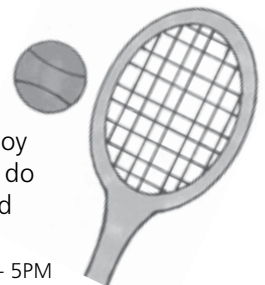
ParkPASS#66701 9-13YRS 5 CLASSES \$300 APRIL 6-10 M-F 9AM- 3PM



Spring Week in the Park

It's time for spring fun and games at Week in the Park! Kids will enjoy professional tennis and ice skating lessons, go on scavenger hunts, do arts and crafts, take guided nature walks with a Park Naturalist, and much more. WHEATON ICE ARENA

ParkPASS#66649 6-12YRS 5 CLASSES \$260 APRIL 6-10 M-F 9AM- 5PM



Register online today at ParkPASS.org

Questions? Call 301-495-2580

(M-F 10am-2pm)

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats

Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends • 301-972-9396 Monday-Friday
BlackHillBoats.com

Lake Needwood Boats

Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 info • 301-948-5053 Park Manager
LakeNeedwoodBoats.com

Lakes closed to boating until March. Boat rentals available Saturdays, Sundays and Memorial Day in May. Open Wednesday-Sunday from May 27-August 30, plus July 4, Labor Day; and weekends in September. See websites for hours.

CAMPING

Little Bennett Campground

Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-972-9222 info
LittleBennettCampground.com

Open weekends (limited camping) March 1; full/daily camping opens April 1.

CAROUSEL

Wheaton Carousel

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 • 301-680-5376, ext. 103 party room rentals
WheatonTrainandCarousel.com
Open Saturdays, Sundays and MCPS spring break in April; open daily May 1.

CULTURAL ATTRACTIONS

Visit ParkHistoricSites.org for information on all of the cultural and historic attractions in Montgomery Parks.

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • AgHistoryFarm.org
Open for scheduled special events and camps/classes. See website for details.

Oakley Cabin

3610 Brookeville Road, Olney, MD 20833
301-563-3405 • OakleyCabin.org
Guided tours available April-October; check website for details.

Underground Railroad Experience Trail

Sandy Spring, MD • 301-774-6255 • UndergroundRRExperience.org
Guided hikes available every Saturday April-October; check website for details.

Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860
301-570-5722 • HistoricWoodlawnManor.org
Open weekdays by reservation 10am-1pm for "Hands-on History" field trips; afternoon teas and tours by reservation.

DOG PARKS

Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, southeast of boat rental facility on Lake Ridge Drive.

Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.

EVENT CENTERS

Looking for the perfect spot for a wedding or workshop, business meeting or birthday party, anniversary or retirement celebration? "We have the where" in Montgomery Parks! Visit WeHaveTheWhere.com for more info and virtual tours.

Brookside Gardens

Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 information & reservations
Email: Event.Manager@MontgomeryParks.org

Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841
301-299-5026 info
Email: MCP-Rockwood@MontgomeryParks.org

Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 information & reservations
Email: MCP-Rockwood@MontgomeryParks.org

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 information & reservations
Email: MCP-Rockwood@MontgomeryParks.org

GARDENS

Brookside Gardens **ParkPASS**

Wheaton Regional Park
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
BrooksideGardens.org

McCrillis Gardens **ParkPASS***

6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • McCrillisGardens.org
*ParkPASS registration help for botanical illustration classes only.

HIKING See "Trails"

HORSEBACK RIDING & STABLES

Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park & Planning Commission (M-NCPPC).

Callithea Farm Park

15000 River Rd., Potomac, MD 20854 • 301-977-7682

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • MeadowbrookStables.com

Potomac Horse Center

14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • PotomacHorse.com

Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841
301-349-0075 • GreatandSmallDC.org

Wheaton Regional Park Stables

1101 Glenallen Ave., Wheaton, MD 20902
301-622-3311 • WheatonParkStables.com

Woodstock Equestrian Park

20100 Darnestown Rd., Beallsville, MD 20839
301-444-3121 • EquestrianPark.org

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-365-2246 • 301-601-4410 group rates/party info
CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions and more.

Wheaton Ice Arena **ParkPASS**

(Indoor and Outdoor Facilities)

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20901
301-649-2250 recorded info • 301-649-3640
WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions and more at indoor Ice Arena. Covered outdoor rink (with ice surface) and party room available to rent October-March for parties, broom-ball, etc. See "In-Line Hockey" for April-September rentals.

IN-LINE HOCKEY

Wheaton Outdoor Rink

Covered outdoor rink (with concrete surface) and indoor party room available April-September for in-line hockey, parties, etc. See "ICE SKATING" above for facility info.

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580 • 301-601-4410 group rates/party info
SplashandGolf.com

Open weekends May 2 - June 14 and Memorial Day, 10am-8pm. Open daily June 15 - Labor Day, and weekends in September. See web for group rates, party info and more.

NATURE CENTERS

Black Hill Visitor Center **ParkPASS***

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-916-0220 • BlackHillNature.org

*Center hours are limited; please call before stopping by.

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallen Avenue, Wheaton, MD 20902
301-946-9071 • BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-299-1990 • LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-924-4141 • MeadowsideNature.org

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580 • 301-601-4410 group rates/party info
SplashandGolf.com

Open weekends May 23 - June 14 and Memorial Day, 10am-7pm. Open daily June 15 - Labor Day, and weekends in September. See web for group rates, party info & more.

TENNIS (Indoor)

Pauline Betz Addie Tennis Center **ParkPASS**

at Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-469-7300
CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-649-4049
WheatonTennis.com

TENNIS (Outdoor)

Outdoor courts are available to use free of charge on a first-come, first served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring. Complete list of courts: MontgomeryParks.org
Outdoor tennis lesson info: ParkPASS.org
Reserve a court: ParkPermits.org

TRAILS

Visit MontgomeryTrails.org for detailed maps and more info about the 200 miles of trails in Montgomery Parks.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-469-7835 train schedule & party info
CabinJohnTrain.com

Open weekends in April & May, and April 4-12 for MCPS Spring Break; open daily beginning June 1.

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 • 301-680-5376, x103 party rentals
WheatonTrainandCarousel.com

Open weekends in April, plus April 4-12 for MCPS Spring Break; open daily beginning May 1.

CONTACT MONTGOMERY PARKS

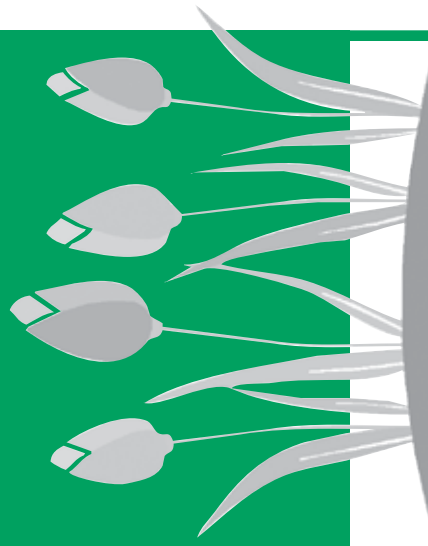
- General Information:
301-495-2595
MontgomeryParks.org
- To reserve a ballfield, picnic shelter, etc.:
ParkPermits.org
- To report maintenance issues or problems in a Park:
301-670-8080
- Park Police Emergency:
301-949-3010
Non-Emergency:
301-949-8010
- For info on a Montgomery Parks class or program:
301-495-2580
ParkPASS.org
MCP-ParkPassHelp@
MontgomeryParks.org
- To volunteer in the Parks:
ParksVolunteers.org
- For questions about a specific park:
MontgomeryParks.org
Click on "Contact Us"



What does "ParkPASS" mean?

When you see the words "**ParkPASS**" next to a facility name in this directory, it means you can find someone at that location to help you register for classes or programs offered at that facility, or any other Montgomery Parks facility that uses the ParkPASS online registration system. You can also open a ParkPASS account at these locations. ParkPASS facility hours vary; please call before stopping by.

Come Play in the Parks!



Spring Event Calendar

Date	Special Event	Time	Location	Cost	For More Information
February 21	Parents' Date Night <i>Fun for the kids, fun for you!</i>	6:30-9:30pm	Wheaton Ice Arena	\$25 first child \$15 addtl child	301-649-3640/WheatonIceArena.com
February 27	Green Matters Symposium: <i>"Water-Wise Landscapes"</i>	8:30am-4pm	Brookside Gardens	\$89	301-962-1470/BrooksideGardens.org
March 17	St. Patrick's Day Walk	10am or 1pm	Brookside Gardens	Free*	240-777-6821/MontgomeryCountyMD.gov
March 17	St. Patrick's Day Skate	1:15-3:15pm	Wheaton Ice Arena	\$6.25 when you wear green	301-649-3640/WheatonIceArena.com
March 17	St. Patrick's Day Skate	4-6pm	Cabin John Ice	\$6.25 when you wear green	301-365-2246/CabinJohnIce.com
March 30	Park Play Day <i>No school? No problem! Kids skate, play tennis & more...</i>	9am-5pm	Wheaton Ice Arena Cabin John Ice	\$35	301-649-3640/WheatonIceArena.com 301-365-2246/CabinJohnIce.com
April 4-12	Cabin John Train <i>Open for MCPS Spring Break!</i>	10am-4:30pm	Cabin John Regional Park	\$1.75 per ride 10 tickets \$15.75	301-469-7835/CabinJohnTrain.com
April 4-12	Wheaton Carousel & Train <i>Open for MCPS Spring Break!</i>	10am-5:30pm	Wheaton Regional Park	\$1.75 per ride 10 tickets \$15.75	301-942-6703 WheatonTrainandCarousel.com
April 6	Springtime on the Farm	10am-2:30pm	Agricultural History Farm Park	\$5 per child	301-924-4141/MeadowsideNature.org see page 149
April 8	Children's Trout Fishing Clinic	2-6pm	Olney Manor Park Pond	Free*	301-916-0220/BlackHillNature.org see page 134
April 10	Annual Easter Egg Hunt	10am-2pm every half-hour	Meadowside Nature Center	\$7*	301-924-4141/MeadowsideNature.org see page 149

April 11	Skate with the Easter Bunny	11:30am-1:30pm	Wheaton Ice Arena	\$6.25	301-649-3640/WheatonIceArena.com
April 18 & 19	Gas & Steam Engine Show	10am-5pm	Agricultural History Farm Park Derwood, MD	Free	301-253-2673/AgHistoryFarm.org
April 18	Rachel Carson Greenway Hikes	10am	3 hikes/locations see p. 132-133	Free	MontgomeryTrails.org
April 18, 25 & 26	Garlic Mustard Challenge <i>Help save the forest!</i>	See web for times/locations	Many MoCo locations see page 143	Free	301-949-0223 volunteer group registration WeedWarrior.org
April 22	Earth Day Invasive Plant Pull	3:30-6pm	Brookside Nature Center	Free	301-946-9071/BrooksideNature.org
April 25	Astronomy Day!	Noon-9:50pm	Black Hill Visitor Center	Free*	301-916-0220/BlackHillNature.org see page 137
April 26	Arbor Day Celebration	11am-4pm	Agricultural History Farm Park Derwood, MD	Free	301-650-2620/AgHistoryFarm.org
May 2 & 10	School of Botanical Art & Illustration Open House	2:30-4:30pm	McCrillis Gardens	Free	301-962-1400/BrooksideGardens.org
May 3	Poetry in the Garden	1-2:15pm	Japanese Tea House Brookside Gardens	Free	301-962-1400/BrooksideGardens.org
May 9	Archaeology Day	10am-3pm	Needwood Mansion Derwood, MD	\$8/person \$15/family	301-840-5848/ParksArchaeology.org see page 143
May 10	Mother's Day Skate <i>Raffle with prizes for Mom!</i>	11:15am-1pm	Wheaton Ice Arena	Free for Mom w/ one paid admission	301-649-3640/WheatonIceArena.com

For More Information

Cost

Location

Time

Ongoing Event

Jan. 17-April 12	Spring Conservatory Display	10am-5pm	Brookside Gardens Conservatories	Free	301-962-1400/BrooksideGardens.org
April 4-Nov. 7	Oakley Cabin Guided Tours	Noon-4pm (every Saturday)	3610 Brookeville Rd. Brookeville, MD	Free	301-650-4373/OakleyCabin.org
April 4-Oct. 31	Underground Railroad Guided Hikes	10am (every Saturday)	Meet at Woodlawn Manor Park	Free	301-650-4373 UndergroundRRExperience.org
April 4-June 13	Saturday Morning Storytime	10am	Brookside Gardens	Free	301-962-1400/BrooksideGardens.org
May 2-Sept. 20	"Wings of Fancy" <i>Live Butterfly & Caterpillar Exhibit</i>	10am-4pm	Brookside Garden South Conservatory	\$4 ages 3-12 \$6 ages 13 & up	301-962-1453/BrooksideGardens.org
May 30-July 25	40th Art & Photo Exhibit	9am-5pm	Brookside Gardens Visitors Center	Free	301-299-1990/LocustGroveNature.org

*Reservations required for this event; register online at ParkPASS.org

MontgomeryParks.org

Brookside GARDENS

BROOKSIDE GARDENS' 40TH ANNIVERSARY

Join us as we celebrate all year long!

For details on events & programs,
visit our website or pick up a copy
of the Xperience Program Guide.



BrooksideGardens.org • 1800 Glenallan Avenue Wheaton, MD 20902 • 301-962-1400



2009 Spring Lecture SERIES

All lectures in the series are FREE of charge; however, registration is required as space is limited. Online registration is available at www.parkpass.org.

The Nuts & Bolts to Creating a Home Garden

Friday, March 13, 10-11:30am

Andrew Bunting, Curator, The Scott Arboretum of Swarthmore College, explains all the steps of developing a home garden from buying a property, evaluating the site, planning and designing, site preparation, and planting the garden. COURSE NO: 65249

Jazzing Up the Garden with Color & Contrast

Friday, March 20, 10-11:30am

Karen Bussolini, Garden Photographer and Author, shows dozens of interesting plant combinations and explains how gardeners have used color, texture, gesture, repetition, light reflecting qualities, color echoes, and other properties. COURSE NO: 65250

Pulling the Indoors Outside

Friday, April 24, 10-11:30am

Rodney Eason, Display Division Leader at Longwood Gardens in Pennsylvania, explores the different elements to make your garden better represent your design tastes with an overview of various styles, a review of plants and landscape materials that representative each style, spatial forms, and seasonal plants that can be added to reflect your style. COURSE NO: 65251

Tree Biology Essentials

Friday, May 15, 10-11:30am

Join Richard Murray, Arborist and Author of "Tree Biology Notebook: An Introduction to the Science and Ecology of Trees", as he introduces aspects of the tree system to which we are seldom exposed, and which will help us to more effectively preserve and plant trees. COURSE NO: 68549

Summer and Fall Bulbs

Friday, May 29, 10-11:30am

Diane Lewis, Brookside Gardens Staff, will discuss the many bulbs and rhizomes (both tropical and hardy) that fill the summer and fall garden landscape. See what's new and rethink old favorites. It isn't just about annuals anymore. COURSE NO: 67449



CONSERVATORY Spring DISPLAY Garden Elements

Saturday, January 17 - Sunday, April 12

10am-5pm daily. FREE



Wings of Fancy

Live Butterfly and Caterpillar Exhibit

"Help a caterpillar fly,
plant your garden to provide"

Saturday, May 2 through Sunday, Sept. 20

10AM TO 4PM DAILY

FEES: \$6.00 ADULTS; \$4.00 AGES 3-12

BROOKSIDE GARDENS SOUTH CONSERVATORY

Why did the caterpillar cross the road?

To get to its host plant! This year the focus is on butterflies in your backyard, and the host plants that local caterpillars need in order to survive and thrive.

Learn about the life cycle of these amazing creatures, and be surrounded by hundreds of North American, Costa Rican and Asian butterflies flying freely inside a Conservatory.

Groups of 15 or more by appointment only, call 301-962-1467 for reservations.

We regret that we are unable to accommodate strollers in the Butterfly Exhibit.

TO VOLUNTEER, CALL 301-962-1429.

WINGS OF FANCY HOTLINE:

301-962-1453



FREE Garden WALKS

Brookside Gardens

Saturdays at 2pm

April 18, 25, May 2, 9, 16, 23, 30, June 6

Tuesdays at 2pm

April 28, May 5, 19, June 2

McCrillis Gardens

Sundays at 2pm

May 3, 10, 17, 24, 31.

FOR DIRECTIONS, CALL 301-962-1455

Brookside Gardens

Adult Programs

Rain Garden Workshop

Learn from Montgomery County's DEP staff how to transform your yard into a natural ecosystem to help soil capture and filter rain water. Learn techniques to evaluate your yard, and create a rain garden that uses native plants and enhanced soils to create a watershed-friendly garden. Includes information on the County's rebate program to assist with funding your project. Space is limited; sign up early!

66349 18 & up 1 Class \$10 3/6 F 10:00am-1:00pm

66350 18 & up 1 Class \$10 3/7 Sa 10:00am-1:00pm

Big Bang for Your Buck Cooking

Economy got you down? Saving money in the kitchen will lift your spirits. Join the Cook Sisters for a lunchtime demonstration of low-cost dishes, from soups to sides to main courses.

64699 18 & up 1 Class \$25 3/11 W 12:00pm-1:30pm

Watch Us Work!

Brookside's gardening staff will show you exactly how to succeed at a variety of gardening tasks.

• Pruning Roses

68555 18 & up 1 Class FREE 3/12 Th 1:00pm-2:00pm

• Planting Roses

68556 18 & up 1 Class FREE 3/19 Th 1:00pm-2:00pm

• Rejuvenation Pruning

68557 18 & up 1 Class FREE 3/26 Th 1:00pm-2:00pm

• Perennial Division

68558 18 & up 1 Class FREE 4/2 Th 1:00pm-2:00pm

• Repotting Houseplants

68559 18 & up 1 Class FREE 5/14 Th 1:00pm-2:00pm

Green Floral Design for St. Patrick's Day

Join Karen Nelson Kent (AIFD), owner of Floral Diversity, and go green for St. Patrick's Day. Use spring flowers, including Bells of Ireland, snap dragons and daisies, in a basket design guaranteed to bring out the leprechaun in you! Fee includes all materials.

66355 18 & up 1 Class \$45 3/17 Tu 1:00pm-3:30pm

Walk: The Garden, Then & Now



Through the past 40 years, Brookside Gardens has evolved from raw earth and a bare construction site into carefully

landscaped garden spaces. These walks and talks focus on the growth of Brookside Gardens over the years.

• Brookside Gardens Conservatory

68552 18 & up 1 Class \$5 3/24 Tu 10:00am-12:00pm

• The Gude Garden

68553 18 & up 1 Class \$5 5/12 Tu 10:00am-12:00pm

Paper-tufa Trough Workshop

Join Ellen Hartranft, Brookside Gardens Staff, to make a garden trough much like the antique stone troughs popular in England. In this messy-but-fun, hands-on workshop, you'll mold a mud-like compound into planting troughs by pressing the mixture onto forms. Plastic basins provided, or bring your own mold (up to 18"). Pick up your creation after it rests three days.

64649 All Ages 1 Class \$52 3/26 Th 1:00pm-3:00pm

Your Just Desserts

An all-dessert program with the Cook Sisters? It's no April Fool, though a fool is on the menu for today's lunchtime demo—a fruit fool, that is. Bring your sweet tooth and get ready to sample a range of exciting, simple, and out-of-this world summer desserts.

64700 18 & up 1 Class \$25 4/1 W 12:00pm-1:30pm

Gentle Yoga

Join Yoga Instructor Liz Chabra for a class that's great for beginners, or students who prefer a less rigorous pace. Seniors are welcome, too! The gentle stretching yoga exercises will inspire and support increased vitality, strength and flexibility. *Please note:* All students must bring a yoga mat, block, strap and blanket.

64851 18 & up 11 Classes \$165 4/2 Th 10:00am-11:15am

Easter Centerpiece

Join Karen Nelson Kent, AIFD, owner of Floral Diversity, to enjoy the best of spring by making an Easter centerpiece using tulips, iris, and other spring flowers. Fee includes all materials.

66353 18 & up 1 Classe \$45 4/10 F 10:00am-12:30pm

Yoga for Life Series

Join Yoga Instructor Liz Chabra for deeply invigorating and relaxing techniques that will help you feel inspired, open and free. Physically, you'll build strength and flexibility; mentally, you'll feel more connected to your life's purpose. *Please note:* All students must bring a yoga mat, block, strap and blanket.

64849 18 & up 9 Classes \$126 4/13 M 6:15pm-7:30pm

Sunday Yoga for Life Series

See description for course number 64849 above.

64853 18 & up 14 Classes \$196 5/31 Su 9:30am-10:45am

Ayurvedic Cooking

Join Liz Chabra as she introduces Ayurvedic diet and nutrition concepts, using a wide variety of spices, herbs, and other ingredients. Samples available.

64949 18 & up 1 Class \$50 4/18 Sa 12:00pm-2:30pm

Ruby Necklace

Join Stephanie Oberle, Brookside Gardens Director, to create a necklace sprinkled with ruby-colored Swarovski crystals. Learn how to attach a sterling silver leaf (from the carob tree) and crystals to a sparkling silver chain. All materials and tools provided, but registrants are encouraged to bring their own tools.

69049 18 & up 1 Class \$45 4/22 W 10:00am-12:00pm



Yoga instructor
and Ayurvedic chef
Liz Chabra



Native Woodies Walk at Brookside Gardens

Diane Lewis of the Brookside Gardens staff will show you a wide variety of native trees and shrubs that can be utilized in the home garden, or simply enjoyed on walks in nearby woodlands.

68551 18 & up 1 Class \$5 4/29 W 2:00pm-4:00pm

May Day Basket

Join Karen Nelson Kent (AIFD), owner of Floral Diversity, to make two May Day baskets: one to place on a friend's doorknob, and one to keep. Use fresh flowers and candies to make charming, modest bouquets. Fee includes all materials.

66354 18 & up 1 Class \$45 4/30 Th 1:00pm-3:30pm

T'ai Chi in the Garden

John Howley, student of Ellen Kennedy, will lead you in this gentle activity for beginners and continuing students. T'ai chi teaches quiet and supple movements performed in a calm, peaceful manner. Soft-soled shoes and comfortable clothes are required.

67399 18 & up 8 Classes \$100 5/2 Sa 9:30am-10:30am

Shoots of Spring Cooking

Delicious harbingers of the harvest to come, they appear out of the cool spring soils, tender and sweet — asparagus and rhubarb. The Cook Sisters bring their unique flair to the preparation of these delicious and nutritious garden favorites.

64701 18 & up 1 Class \$25 5/6 W 12:00pm-1:30pm

Hanging Basket

Create your very own display of flowers and foliage in a moss-lined hanging basket with Joan O'Rourke, Friends of Brookside Gardens. Fee covers all materials.

65099 18 & up 1 Class \$45 5/8 F 9:30am-11:30am

65100 18 & up 1 Class \$45 5/8 F 1:00pm-3:00pm

Yoga Fire Practice Workshop

Join Yoga Instructor Liz Chabra to obtain tools that will help burn your psychic "ghosts"—the limiting and self-defeating aspects of our personalities. Previous pranayama (breathwork) recommended. All students must bring yoga mat, block, strap and blanket.

64950 18 & up 1 Class \$35 5/16 Sa 10:00am-12:00pm

Focus on Butterflies!

On this special morning, we'll welcome ten photographers with their tripods into the Conservatory to photograph these amazing live butterflies—before the "Wings of Fancy" Butterfly Exhibit opens.

65299 18 & up 1 Classe \$30 5/16 Sa 8:00am-10:00am

65300 18 & up 1 Classe \$30 5/24 Su 8:00am-10:00am

Hand-Tied Bouquet with a Twist

Join Jane Pettit of Mother Nature Throws a Party to create a stunning floral statement. A mass of seasonal flowers and greens will be arranged using the hand-tying technique. The container will be made from the vegetable garden's bounty. Fee covers all materials.

67249 All Ages 1 Class \$50 5/20 W 10:00am-12:00pm

Hummingbird Container

Join Joan O'Rourke, Friends of Brookside Gardens, to learn what you'll need to attract hummingbirds to your garden. Plant your own hummingbird garden in a pot to take home. All-new hummingbird attractors will be featured this year. Fee includes all materials.

65101 18 & up 1 Class \$50 5/27 W 9:30am-11:30am

65102 18 & up 1 Class \$50 5/27 W 1:00pm-3:00pm

Children's Programs

Flower Buds

Gardening activities, stories, crafts, and garden walks for children (ages 3 to 5) with a parent. Please register and pay only for the child.

68852 3-5yrs 1 Class \$3 3/9 M 10:30am-11:30am

68849 3-5yrs 1 Class \$3 4/13 M 10:30am-11:30am

68850 3-5yrs 1 Class \$3 5/11 M 10:30am-11:30am

Brookside Storytime

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Different story and hands-on craft each week, every Saturday from April 4 through June 13.

69012 3-6yrs 11 Classes FREE 4/4 Sa 10:00am-10:30am



Picture Me In Brookside Gardens

This parent-child class combines photography and early science learning in the Gardens. Bring your digital camera and USB cable to download your photos using our

equipment. You'll have fun deciding themes, searching out Brookside locations, and setting up shots. Upload your photos to online software and produce a book to take home (one per pair). Second session will focus on ways to use the book for continued learning.

69251 4-6yrs 2 Classes \$50 4/5 Su 10:00am-11:00am

Taking Photos, Making Books

Turn your photos and enjoyment of Brookside Gardens into your own book. Find out about online sites where you can inexpensively produce your own books. Take home a book of your own at the end of the course!

69801 10-12yrs 2 Classes \$50 4/5 Su 1:00pm-3:00pm

Dig-In! Spring Break!

Get inspired by one of our "dig-in" activity tables. Discover interesting plant facts plus make a hands-on project you can take home! Location: Children's Garden. Cancelled in the event of rain.

69999 4-12yrs 5 Classes FREE 4/6 M-F 11:00am-2:00pm

Celebrate May Day!

Create two special baskets of welcoming spring flowers; one for you and one for a friend. For many, May 1 welcomes the spring season and a time to celebrate new beginnings. This tradition of giving a colorful basket of flowers to a friend is a fun way to let them know they are in your thoughts.

69003 8yrs-12yrs 1 Classe \$15 4/30 Th 4:30pm-6:30pm

Poetry in the Garden

Enjoy a Sunday afternoon poetry reading in the beautiful Japanese Tea House at Brookside Gardens. Local poets Ellen Cole, Eliza King, Claire McGoff and Kathryn Williams will join us to read from their work.

65049 All Ages
Sunday, May 3
1:00pm-2:15pm
FREE



**OPENS
March 6**



Little Bennett Campground

Clarksburg, MD | 301-972-9222

91 wooded campsites & activities for campers. See ad on p.138

Weekend camping in March
(limited facilities)
Open daily April 1 for
full-facility camping

Carousel &
Trains open April
4-12 for MCPS
**SPRING
BREAK**



**BOTH OPEN
April 4**

Cabin John Miniature Train

Rockville, MD | 301-469-7835

Open Saturdays & Sundays in April & May
Open daily June 1

Wheaton Miniature Train & Carousel

Wheaton, MD | 301-942-6703

Open Saturdays & Sundays in April
Open daily May 1

Open for Fun!

South Germantown Miniature Golf

Boyds, MD | 301-601-3580

Two tough 18-hole courses!

Open Saturdays & Sundays
May 2–June 14
Open daily June 15



**OPENS
May 2**



**Both OPEN
Saturday May 2**

Black Hill Boats

Boyds, MD | 301-972-6157

*Rent kayaks, rowboats, canoes;
pontoon boat tours; fishing*

Lake Needwood Boats

Rockville, MD | 301-762-9500

*Rent kayaks, rowboats, canoes, pedal
boats; pontoon boat tours; fishing*

Open Saturdays, Sundays and Memorial Day in May
Open Wednesdays-Sundays beginning May 27

South Germantown Splash Playground

Boyds, MD | 301-601-3580

Open Saturdays & Sundays
May 23–June 14
Open daily June 15



**OPENS
Saturday
May 23**

*Please check the web or call
before heading out, and have
fun in Montgomery Parks this spring!*

**Montgomery
Parks**
M-N-C-P-P-C

It's all right here!

MontgomeryParks.org

Ice Skating

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-365-2246
CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-649-3640
WheatonIceArena.com

REGISTRATION & CLASS INFORMATION

REGISTRATION DATES:

- Registration dates for **Spring 2009** classes at both rinks: **April 21-27**; classes begin **May 1**.
- No registrations can be processed before April 21
- After **April 27**, registrations must be processed in person at the rink offering your class.
A \$5 fee will be charged for each late registration.
- Transfer requests will incur a \$5 processing fee.

FOUR WAYS TO REGISTER:

- Online at ParkPASS.org
- Call the ParkPASS automated phone system at **301-670-6858** (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations will be taken at the rinks).
- Mail registration form and payment to the rinks.

Please read course descriptions carefully, and select courses that best match students' ability and experience.

Please note:

There are no make-ups or refunds for missed lessons. No classes will be held **May 23-25, 2009**.

COURSE FEES COVER:

- Six 30-minutes lessons, or six 45-minute lessons, depending on the class.
- A practice card good for admission to six or nine practice sessions (depending on the class) during public skating sessions. Practice cards are valid during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks
- Wear a hat and gloves for protection
- Helmets are highly recommended for beginning skaters.
- Arrive at the rink 15-20 minutes early.
- Pick up your practice card at the front desk.
- Go to the skate exchange and pick up your skates. Try 1/2 or one size *smaller* than your regular shoe size.

Tot

The Tot curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snowplow stop.

Tot 1

Learn the proper way to fall down and stand up, marching, and marching while moving. Proper skate fitting will also be covered. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

67563	3-4yrs	6 Classes	\$96	5/1	F	2:00pm- 2:30pm
67564	3-4yrs	6 Classes	\$96	5/1	F	4:30pm- 5:00pm
67565	3-4yrs	6 Classes	\$96	5/2	Sa	10:00am-10:30am
67566	3-4yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
67567	3-4yrs	6 Classes	\$96	5/3	Su	1:00pm- 1:30pm
67568	3-4yrs	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67558	3-4yrs	6 Classes	\$96	5/4	M	1:00pm- 1:30pm
67559	3-4yrs	6 Classes	\$96	5/5	Tu	10:00am-10:30am
67560	3-4yrs	6 Classes	\$96	5/6	W	9:30am-10:00am
67561	3-4yrs	6 Classes	\$96	5/6	W	1:30pm- 2:00pm
67562	3-4yrs	6 Classes	\$96	5/7	Th	2:30pm- 3:00pm

Wheaton Ice Arena

66960	3-4yrs	6 Classes	\$96	5/1	F	4:15pm- 4:45pm
66961	3-4yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
66962	3-4yrs	6 Classes	\$96	5/2	Sa	10:45am-11:15am
66963	3-4yrs	6 Classes	\$96	5/2	Sa	4:15pm- 4:45pm

66964	3-4yrs	6 Classes	\$96	5/3	Su	11:45am-12:15pm
66965	3-4yrs	6 Classes	\$96	5/3	Su	2:30pm- 3:00pm
66957	3-4yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
66958	3-4yrs	6 Classes	\$96	5/6	W	5:15pm- 5:45pm
66959	3-4yrs	6 Classes	\$96	5/7	Th	5:00pm- 5:30pm

Tot 2

Prerequisite: Tot 1. Learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

67580	3-4yrs	6 Classes	\$96	5/2	Sa	10:30am-11:00am
67581	3-4yrs	6 Classes	\$96	5/2	Sa	12:15pm-12:45pm
67582	3-4yrs	6 Classes	\$96	5/2	Sa	1:45pm- 2:15pm
67583	3-4yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67574	3-4yrs	6 Classes	\$96	5/4	M	2:00pm- 2:30pm
67575	3-4yrs	6 Classes	\$96	5/4	M	4:30pm- 5:00pm
67576	3-4yrs	6 Classes	\$96	5/5	Tu	10:30am-11:00am
67577	3-4yrs	6 Classes	\$96	5/5	Tu	4:00pm- 4:30pm
67578	3-4yrs	6 Classes	\$96	5/7	Th	10:30am-11:00am
67579	3-4yrs	6 Classes	\$96	5/7	Th	1:00pm- 1:30pm

Wheaton Ice Arena

66976	3-4yrs	6 Classes	\$96	5/2	Sa	10:45am-11:15am
66977	3-4yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
66978	3-4yrs	6 Classes	\$96	5/3	Su	3:00pm- 3:30pm
66975	3-4yrs	6 Classes	\$96	5/5	Tu	1:45pm- 2:15pm

Parent and Tot Ice Skating

Introduce your toddler (age 3-5) to beginning ice skating! Parents must have basic skating skills and participate on the ice with their child. We'll teach falling down and getting up, marching and marching while moving, and proper skate fitting. Great for children who'd appreciate a little extra help from Mom or Dad! Bicycle helmet highly recommended for beginners. Fee covers one child and one parent; please register child only.



Cabin John Ice Rink

67603	3-5yrs	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67604	3-5yrs	6 Classes	\$96	5/2	Sa	10:30am-11:00am
67601	3-5yrs	6 Classes	\$96	5/4	M	1:30pm- 2:00pm
67602	3-5yrs	6 Classes	\$96	5/5	Tu	11:00am-11:30am

Wheaton Ice Arena

66989	3-5yrs	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
66990	3-5yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
66991	3-5yrs	6 Classes	\$96	5/2	Sa	11:30am-12:00pm
66992	3-5yrs	6 Classes	\$96	5/3	Su	11:15am-11:45am
66987	3-5yrs	6 Classes	\$96	5/5	Tu	1:45pm- 2:15pm
66988	3-5yrs	6 Classes	\$96	5/7	Th	5:30pm- 6:00pm

Tot 3

Prerequisite: Tot 2. Learn forward swizzles, push and glide stroking, dips, and preparation for snow plow stop.

Cabin John Ice Rink

67593	3-4yrs	6 Classes	\$96	5/1	F	3:00pm- 3:30pm
67594	3-4yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67595	3-4yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
67596	3-4yrs	6 Classes	\$96	5/3	Su	11:30am-12:00pm
67597	3-4yrs	6 Classes	\$96	5/3	Su	3:15pm- 3:45pm
67588	3-4yrs	6 Classes	\$96	5/4	M	2:30pm- 3:00pm
67589	3-4yrs	6 Classes	\$96	5/5	Tu	10:00am-10:30am
67590	3-4yrs	6 Classes	\$96	5/6	W	10:00am-10:30am
67591	3-4yrs	6 Classes	\$96	5/7	Th	9:30am-10:00am
67592	3-4yrs	6 Classes	\$96	5/7	Th	4:00pm- 4:30pm

Wheaton Ice Arena

66983	3-4yrs	6 Classes	\$96	5/2	Sa	12:00pm-12:30pm
66984	3-4yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm

Pre-Alpha

This class is designed for beginners or those with minimal ice skating experience. Learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward.

Pre-Alpha, Preschool

Cabin John Ice Rink

67620	4-6yrs	6 Classes	\$96	5/1	F	1:00pm- 1:30pm
67621	4-6yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67622	4-6yrs	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
67623	4-6yrs	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67624	4-6yrs	6 Classes	\$96	5/2	Sa	11:00am-11:30am
67625	4-6yrs	6 Classes	\$96	5/2	Sa	1:15pm- 1:45pm
67626	4-6yrs	6 Classes	\$96	5/2	Sa	2:30pm- 3:00pm
67627	4-6yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
67628	4-6yrs	6 Classes	\$96	5/3	Su	11:30am-12:00pm
67629	4-6yrs	6 Classes	\$96	5/3	Su	1:30pm- 2:00pm
67630	4-6yrs	6 Classes	\$96	5/3	Su	3:15pm- 3:45pm
67631	4-6yrs	6 Classes	\$96	5/3	Su	4:15pm- 4:45pm
67606	4-6yrs	6 Classes	\$96	5/4	M	1:30pm- 2:00pm
67607	4-6yrs	6 Classes	\$96	5/4	M	3:00pm- 3:30pm
67608	4-6yrs	6 Classes	\$96	5/4	M	4:30pm- 5:00pm

67609	4-6yrs	6 Classes	\$96	5/4	M	5:00pm- 5:30pm
67610	4-6yrs	6 Classes	\$96	5/5	Tu	9:30am-10:00am
67611	4-6yrs	6 Classes	\$96	5/5	Tu	2:30pm- 3:00pm
67612	4-6yrs	6 Classes	\$96	5/5	Tu	5:15pm- 5:45pm
67613	4-6yrs	6 Classes	\$96	5/6	W	10:30am-11:00am
67614	4-6yrs	6 Classes	\$96	5/6	W	2:00pm- 2:30pm
67615	4-6yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67616	4-6yrs	6 Classes	\$96	5/6	W	5:00pm- 5:30pm
67617	4-6yrs	6 Classes	\$96	5/7	Th	11:00am-11:30am
67618	4-6yrs	6 Classes	\$96	5/7	Th	2:00pm- 2:30pm
67619	4-6yrs	6 Classes	\$96	5/7	Th	4:30pm- 5:00pm

Wheaton Ice Arena

67004	4-6yrs	6 Classes	\$96	5/1	F	1:45pm- 2:15pm
67005	4-6yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67006	4-6yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67007	4-6yrs	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67008	4-6yrs	6 Classes	\$96	5/2	Sa	11:30am-12:00pm
67019	4-6yrs	6 Classes	\$96	5/2	Sa	3:00pm- 3:30pm
67020	4-6yrs	6 Classes	\$96	5/2	Sa	4:15pm- 4:45pm
67021	4-6yrs	6 Classes	\$96	5/3	Su	10:30am-11:00am
67022	4-6yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67023	4-6yrs	6 Classes	\$96	5/3	Su	2:30pm- 3:00pm
66999	4-6yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
67000	4-6yrs	6 Classes	\$96	5/5	Tu	1:15pm- 1:45pm
67001	4-6yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67002	4-6yrs	6 Classes	\$96	5/7	Th	4:15pm- 4:45pm
67003	4-6yrs	6 Classes	\$96	5/7	Th	5:30pm- 6:00pm

Pre-Alpha, Youth

Cabin John Ice Rink

67638	6-12yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67639	6-12yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67640	6-12yrs	6 Classes	\$96	5/2	Sa	1:15pm- 1:45pm
67641	6-12yrs	6 Classes	\$96	5/2	Sa	2:30pm- 3:00pm
67642	6-12yrs	6 Classes	\$96	5/2	Sa	4:00pm- 4:30pm
67643	6-12yrs	6 Classes	\$96	5/3	Su	1:00pm- 1:30pm
67644	6-12yrs	6 Classes	\$96	5/3	Su	4:15pm- 4:45pm
67634	6-12yrs	6 Classes	\$96	5/4	M	5:00pm- 5:30pm
67635	6-12yrs	6 Classes	\$96	5/5	Tu	6:15pm- 6:45pm
67636	6-12yrs	6 Classes	\$96	5/6	W	4:30pm- 5:00pm
67637	6-12yrs	6 Classes	\$96	5/7	Th	5:45pm- 6:15pm

Don't forget—you can still register at the rinks for classes after online registration closes April 27 (w/\$5 late fee).

Pre-Alpha, Youth (cont.)

Wheaton Ice Arena

67034	6-12yrs	6 Classes	\$96	5/1	F	1:00pm- 1:30pm
67035	6-12yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67036	6-12yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67037	6-12yrs	6 Classes	\$96	5/2	Sa	11:30am-12:00pm
67038	6-12yrs	6 Classes	\$96	5/2	Sa	3:00pm- 3:30pm
67039	6-12yrs	6 Classes	\$96	5/2	Sa	4:15pm- 4:45pm
67040	6-12yrs	6 Classes	\$96	5/3	Su	9:45am-10:15am
67041	6-12yrs	6 Classes	\$96	5/3	Su	11:15am-11:45am
67042	6-12yrs	6 Classes	\$96	5/3	Su	2:30pm- 3:00pm
67030	6-12yrs	6 Classes	\$96	5/4	M	4:45pm- 5:15pm
67031	6-12yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67032	6-12yrs	6 Classes	\$96	5/7	Th	4:15pm- 4:45pm
67033	6-12yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Pre-Alpha, Teen

Cabin John Ice Rink

67646	13-17yrs	6 Classes	\$96	5/5	Tu	7:00pm- 7:30pm
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Wheaton Ice Arena

67055	12-17yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67056	12-17yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Pre-Alpha, Adult

Cabin John Ice Rink

67650	18 & up	6 Classes	\$96	5/2	Sa	8:30am- 9:00am
67648	18 & up	6 Classes	\$96	5/4	M	12:30pm- 1:00pm
67649	18 & up	6 Classes	\$96	5/7	Th	7:45pm- 8:15pm

Wheaton Ice Arena

67059	18 & up	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67061	18 & up	6 Classes	\$96	5/4	M	12:30pm- 1:00pm
67062	18 & up	6 Classes	\$96	5/5	Tu	1:15pm- 1:45pm
67063	18 & up	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Pre-Alpha Plus

Prerequisite: Pre-Alpha. Learn forward stroking, one-foot glides, forward swizzles with a two-foot glide, backward swizzles and beginning snowplow stops.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

67664	4-6yrs	6 Classes	\$96	5/1	F	1:30pm- 2:00pm
67665	4-6yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67666	4-6yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67667	4-6yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67668	4-6yrs	6 Classes	\$96	5/2	Sa	10:00am-10:30am
67669	4-6yrs	6 Classes	\$96	5/2	Sa	11:00am-11:30am
67670	4-6yrs	6 Classes	\$96	5/2	Sa	1:45pm- 2:15pm
67671	4-6yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
67672	4-6yrs	6 Classes	\$96	5/3	Su	12:00pm-12:30pm
67673	4-6yrs	6 Classes	\$96	5/3	Su	2:15pm- 2:45pm
67674	4-6yrs	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67651	4-6yrs	6 Classes	\$96	5/4	M	2:00pm- 2:30pm
67652	4-6yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
67653	4-6yrs	6 Classes	\$96	5/4	M	5:30pm- 6:00pm
67654	4-6yrs	6 Classes	\$96	5/5	Tu	11:00am-11:30am
67655	4-6yrs	6 Classes	\$96	5/5	Tu	2:00pm- 2:30pm
67656	4-6yrs	6 Classes	\$96	5/5	Tu	5:15pm- 5:45pm
67657	4-6yrs	6 Classes	\$96	5/6	W	2:30pm- 3:00pm
67658	4-6yrs	6 Classes	\$96	5/6	W	4:30pm- 5:00pm
67659	4-6yrs	6 Classes	\$96	5/6	W	5:30pm- 6:00pm
67660	4-6yrs	6 Classes	\$96	5/7	Th	9:30am-10:00am

Pre-Alpha Plus, Preschool

Cabin John (cont.)

67661	4-6yrs	6 Classes	\$96	5/7	Th	1:30pm- 2:00pm
67662	4-6yrs	6 Classes	\$96	5/7	Th	5:15pm- 5:45pm
67663	4-6yrs	6 Classes	\$96	5/7	Th	5:45pm- 6:15pm

Wheaton Ice Arena

67070	4-6yrs	6 Classes	\$96	5/1	F	4:15pm- 4:45pm
67071	4-6yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67072	4-6yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
67073	4-6yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67074	4-6yrs	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67067	4-6yrs	6 Classes	\$96	5/6	W	4:45pm- 5:15pm
67068	4-6yrs	6 Classes	\$96	5/7	Th	4:15pm- 4:45pm
67069	4-6yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Pre-Alpha Plus, Youth

Cabin John Ice Rink

67680	6-12yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67681	6-12yrs	6 Classes	\$96	5/1	F	4:30pm- 5:00pm
67682	6-12yrs	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67683	6-12yrs	6 Classes	\$96	5/2	Sa	1:45pm- 2:15pm
67684	6-12yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67685	6-12yrs	6 Classes	\$96	5/3	Su	4:15pm- 4:45pm
67675	6-12yrs	6 Classes	\$96	5/4	M	5:00pm- 5:30pm
67676	6-12yrs	6 Classes	\$96	5/5	Tu	5:45pm- 6:15pm
67677	6-12yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67678	6-12yrs	6 Classes	\$96	5/6	W	5:30pm- 6:00pm
67679	6-12yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Wheaton Ice Arena

67086	6-12yrs	6 Classes	\$96	5/1	F	1:00pm- 1:30pm
67087	6-12yrs	6 Classes	\$96	5/1	F	4:15pm- 4:45pm
67088	6-12yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67089	6-12yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
67090	6-12yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
67091	6-12yrs	6 Classes	\$96	5/3	Su	11:15am-11:45am
67092	6-12yrs	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67083	6-12yrs	6 Classes	\$96	5/4	M	4:45pm- 5:15pm
67084	6-12yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67085	6-12yrs	6 Classes	\$96	5/7	Th	5:00pm- 5:30pm

Pre-Alpha Plus, Teen

Cabin John Ice Rink

67686	13-17yrs	6 Classes	\$96	5/5	Tu	7:00pm- 7:30pm
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Wheaton Ice Arena

67104	12-17yrs	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67103	12-17yrs	6 Classes	\$96	5/7	Th	6:45pm- 7:15pm

Pre-Alpha Plus, Adult

Cabin John Ice Rink

67689	18 & up	6 Classes	\$96	5/2	Sa	8:30am- 9:00am
67687	18 & up	6 Classes	\$96	5/4	M	12:30pm- 1:00pm
67688	18 & up	6 Classes	\$96	5/7	Th	7:45pm- 8:15pm

Wheaton Ice Arena

67108	18 & up	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67107	18 & up	6 Classes	\$96	5/4	M	1:00pm- 1:30pm



Alpha

Prerequisite: Pre-Alpha Plus. Learn forward stroking, forward crossovers, and snowplow stop.

Alpha, Preschool

Cabin John Ice Rink

67699	4-6yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67700	4-6yrs	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
67701	4-6yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67702	4-6yrs	6 Classes	\$96	5/2	Sa	11:45am-12:15pm
67703	4-6yrs	6 Classes	\$96	5/2	Sa	4:00pm- 4:30pm
67704	4-6yrs	6 Classes	\$96	5/3	Su	12:00pm-12:30pm
67705	4-6yrs	6 Classes	\$96	5/3	Su	2:15pm- 2:45pm
67706	4-6yrs	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67690	4-6yrs	6 Classes	\$96	5/4	M	2:30pm- 3:00pm
67691	4-6yrs	6 Classes	\$96	5/4	M	4:30pm- 5:00pm
67692	4-6yrs	6 Classes	\$96	5/4	M	5:30pm- 6:00pm
67693	4-6yrs	6 Classes	\$96	5/5	Tu	1:00pm- 1:30pm
67694	4-6yrs	6 Classes	\$96	5/5	Tu	4:00pm- 4:30pm
67695	4-6yrs	6 Classes	\$96	5/5	Tu	5:45pm- 6:15pm
67696	4-6yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67697	4-6yrs	6 Classes	\$96	5/7	Th	10:00am-10:30am
67698	4-6yrs	6 Classes	\$96	5/7	Th	4:30pm- 5:00pm

Wheaton Ice Arena

67114	4-6yrs	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
67115	4-6yrs	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67116	4-6yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
67117	4-6yrs	6 Classes	\$96	5/3	Su	11:45am-12:15pm
67118	4-6yrs	6 Classes	\$96	5/3	Su	3:00pm- 3:30pm
67111	4-6yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
67112	4-6yrs	6 Classes	\$96	5/6	W	5:15pm- 5:45pm
67113	4-6yrs	6 Classes	\$96	5/7	Th	5:00pm- 5:30pm

Alpha, Youth

Cabin John Ice Rink

67715	6-12yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67716	6-12yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67717	6-12yrs	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67718	6-12yrs	6 Classes	\$96	5/2	Sa	12:45pm- 1:15pm
67719	6-12yrs	6 Classes	\$96	5/2	Sa	3:00pm- 3:30pm
67720	6-12yrs	6 Classes	\$96	5/3	Su	12:00pm-12:30pm
67721	6-12yrs	6 Classes	\$96	5/3	Su	1:30pm- 2:00pm
67722	6-12yrs	6 Classes	\$96	5/3	Su	2:45pm- 3:15pm
67708	6-12yrs	6 Classes	\$96	5/4	M	4:30pm- 5:00pm
67709	6-12yrs	6 Classes	\$96	5/4	M	5:00pm- 5:30pm
67710	6-12yrs	6 Classes	\$96	5/5	Tu	5:15pm- 5:45pm
67711	6-12yrs	6 Classes	\$96	5/6	W	4:00pm- 4:30pm
67712	6-12yrs	6 Classes	\$96	5/6	W	5:30pm- 6:00pm
67713	6-12yrs	6 Classes	\$96	5/7	Th	4:00pm- 4:30pm
67714	6-12yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Wheaton Ice Arena

67129	6-12yrs	6 Classes	\$96	5/1	F	1:45pm- 2:15pm
67130	6-12yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67131	6-12yrs	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67132	6-12yrs	6 Classes	\$96	5/2	Sa	12:00pm-12:30pm
67133	6-12yrs	6 Classes	\$96	5/3	Su	11:45am-12:15pm
67134	6-12yrs	6 Classes	\$96	5/3	Su	3:00pm- 3:30pm
67127	6-12yrs	6 Classes	\$96	5/6	W	4:45pm- 5:15pm
67128	6-12yrs	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Alpha, Teen

Cabin John Ice Rink

67723	13-17yrs	6 Classes	\$96	5/5	Tu	7:30pm- 8:00pm
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Wheaton Ice Arena

67143	12-17yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
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Alpha, Adult

Cabin John Ice Rink

67726	18 & up	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67724	18 & up	6 Classes	\$96	5/4	M	12:00pm-12:30pm
67725	18 & up	6 Classes	\$96	5/7	Th	8:15pm- 8:45pm

Wheaton Ice Arena

67146	18 & up	6 Classes	\$96	5/2	Sa	10:15am-10:45am
67145	18 & up	6 Classes	\$96	5/4	M	12:30pm- 1:00pm

Beta

Prerequisite: Alpha. Learn backward stroking, backward crossovers and T-stops; review forward crossovers.

Beta, Preschool

Cabin John Ice Rink

67733	4-6yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67734	4-6yrs	6 Classes	\$96	5/2	Sa	11:45am-12:15pm
67735	4-6yrs	6 Classes	\$96	5/2	Sa	3:30pm- 4:00pm
67736	4-6yrs	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67737	4-6yrs	6 Classes	\$96	5/3	Su	2:45pm- 3:15pm
67727	4-6yrs	6 Classes	\$96	5/4	M	1:00pm- 1:30pm
67728	4-6yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
67729	4-6yrs	6 Classes	\$96	5/5	Tu	1:30pm- 2:00pm
67730	4-6yrs	6 Classes	\$96	5/5	Tu	4:30pm- 5:00pm
67731	4-6yrs	6 Classes	\$96	5/6	W	4:30pm- 5:00pm
67732	4-6yrs	6 Classes	\$96	5/7	Th	5:15pm- 5:45pm

Beta, Youth

Cabin John Ice Rink

67743	6-12yrs	6 Classes	\$96	5/1	F	4:00pm- 4:30pm
67744	6-12yrs	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
67745	6-12yrs	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67746	6-12yrs	6 Classes	\$96	5/2	Sa	11:45am-12:15pm
67747	6-12yrs	6 Classes	\$96	5/2	Sa	1:15pm- 1:45pm
67748	6-12yrs	6 Classes	\$96	5/2	Sa	3:00pm- 3:30pm
67749	6-12yrs	6 Classes	\$96	5/3	Su	11:30am-12:00pm
67750	6-12yrs	6 Classes	\$96	5/3	Su	1:30pm- 2:00pm
67751	6-12yrs	6 Classes	\$96	5/3	Su	2:45pm- 3:15pm
67738	6-12yrs	6 Classes	\$96	5/4	M	4:00pm- 4:30pm
67739	6-12yrs	6 Classes	\$96	5/5	Tu	4:30pm- 5:00pm
67740	6-12yrs	6 Classes	\$96	5/5	Tu	6:15pm- 6:45pm
67741	6-12yrs	6 Classes	\$96	5/6	W	5:00pm- 5:30pm
67742	6-12yrs	6 Classes	\$96	5/7	Th	4:30pm- 5:00pm

Beta, Teen

Cabin John Ice Rink

67752	13-17yrs	6 Classes	\$96	5/5	Tu	7:30pm- 8:00pm
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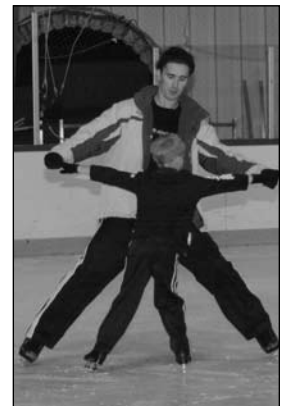
Beta, Adult

Cabin John Ice Rink

67755	18 & up	6 Classes	\$96	5/2	Sa	9:00am- 9:30am
67753	18 & up	6 Classes	\$96	5/4	M	12:00pm-12:30pm
67754	18 & up	6 Classes	\$96	5/7	Th	8:15pm- 8:45pm

Wheaton Ice Arena

67150	18 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67149	18 & up	6 Classes	\$96	5/4	M	1:00pm- 1:30pm



Beta, All Ages

Wheaton Ice Arena

67156	3 & up	6 Classes	\$96	5/1	F	1:00pm- 1:30pm
67157	3 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67158	3 & up	6 Classes	\$96	5/2	Sa	12:00pm-12:30pm
67159	3 & up	6 Classes	\$96	5/3	Su	10:30am-11:00am
67165	3 & up	6 Classes	\$96	5/3	Su	12:30pm- 1:00pm
67153	3 & up	6 Classes	\$96	5/4	M	4:45pm- 5:15pm
67154	3 & up	6 Classes	\$96	5/6	W	4:45pm- 5:15pm
67155	3 & up	6 Classes	\$96	5/7	Th	5:30pm- 6:00pm

Gamma

Prerequisite: Beta. Learn forward outside and inside edges, forward outside and inside three-turns, and beginning hockey stops.

Gamma, Preschool

Cabin John Ice Rink

67759	4-6yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67757	4-6yrs	6 Classes	\$96	5/5	Tu	5:15pm- 5:45pm
67758	4-6yrs	6 Classes	\$96	5/6	W	5:00pm- 5:30pm

Gamma, Youth

Cabin John Ice Rink

67763	6-12yrs	6 Classes	\$96	5/1	F	4:30pm- 5:00pm
67764	6-12yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67765	6-12yrs	6 Classes	\$96	5/2	Sa	12:15pm-12:45pm
67766	6-12yrs	6 Classes	\$96	5/2	Sa	4:00pm- 4:30pm
67767	6-12yrs	6 Classes	\$96	5/3	Su	1:00pm- 1:30pm
67768	6-12yrs	6 Classes	\$96	5/3	Su	3:15pm- 3:45pm
67760	6-12yrs	6 Classes	\$96	5/4	M	5:30pm- 6:00pm
67761	6-12yrs	6 Classes	\$96	5/5	Tu	4:30pm- 5:00pm
67762	6-12yrs	6 Classes	\$96	5/7	Th	4:00pm- 4:30pm

Gamma, Teen

Cabin John Ice Rink

67769	13-17yrs	6 Classes	\$96	5/7	Th	7:45pm- 8:15pm
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Gamma, Adult

Cabin John Ice Rink

67772	18 & up	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67770	18 & up	6 Classes	\$96	5/4	M	11:30am-12:00pm
67771	18 & up	6 Classes	\$96	5/7	Th	8:45pm- 9:15pm

Wheaton Ice Arena

67169	18 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
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Gamma, All Ages

Wheaton Ice Arena

67173	3 & up	6 Classes	\$96	5/1	F	5:30pm- 6:00pm
67174	3 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67175	3 & up	6 Classes	\$96	5/3	Su	9:45am-10:15am
67176	3 & up	6 Classes	\$96	5/3	Su	3:45pm- 4:15pm
67171	3 & up	6 Classes	\$96	5/6	W	5:15pm- 5:45pm
67172	3 & up	6 Classes	\$96	5/7	Th	6:15pm- 6:45pm

Delta

Prerequisite: Gamma. Learn forward inside mohawks, backward mohawks, bunny hop, lunge, shoot the duck, a crossover/mohawk combination, and review skills from Gamma.

Delta, Preschool

Cabin John Ice Rink

67774	4-6yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67773	4-6yrs	6 Classes	\$96	5/6	W	5:00pm- 5:30pm

Delta, Youth

Cabin John Ice Rink

67778	6-12yrs	6 Classes	\$96	5/1	F	5:00pm- 5:30pm
67779	6-12yrs	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67780	6-12yrs	6 Classes	\$96	5/2	Sa	12:15pm-12:45pm
67781	6-12yrs	6 Classes	\$96	5/3	Su	2:15pm- 2:45pm
67775	6-12yrs	6 Classes	\$96	5/4	M	5:30pm- 6:00pm
67776	6-12yrs	6 Classes	\$96	5/5	Tu	4:00pm- 4:30pm
67777	6-12yrs	6 Classes	\$96	5/7	Th	5:15pm- 5:45pm

Delta, Teen

Cabin John Ice Rink

67782	13-17yrs	6 Classes	\$96	5/7	Th	7:45pm- 8:15pm
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Delta, Adult

Cabin John Ice Rink

67785	18 & up	6 Classes	\$96	5/2	Sa	9:30am-10:00am
67783	18 & up	6 Classes	\$96	5/4	M	11:30am-12:00pm
67784	18 & up	6 Classes	\$96	5/7	Th	8:45pm- 9:15pm

Wheaton Ice Arena

67183	18 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
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Delta, All Ages

Wheaton Ice Arena

67186	3 & up	6 Classes	\$96	5/2	Sa	10:45am-11:15am
67187	3 & up	6 Classes	\$96	5/3	Su	9:45am-10:15am
67188	3 & up	6 Classes	\$96	5/3	Su	2:30pm- 3:00pm
67185	3 & up	6 Classes	\$96	5/7	Th	6:45pm- 7:15pm

Freestyle

Freestyle 1

Prerequisite: Delta. Learn forward inside pivots, two-foot spin, beginning one-foot spin, forward spiral, back edges, half-flip and a waltz jump.

Cabin John Ice Rink

67788	5 & up	6 Classes	\$144	5/2	Sa	10:15am-11:00am
67789	5 & up	6 Classes	\$144	5/2	Sa	11:00am-11:45am
67786	5 & up	6 Classes	\$144	5/4	M	7:15pm- 8:00pm
67787	5 & up	6 Classes	\$144	5/6	W	6:30pm- 7:15pm

Wheaton Ice Arena

67194	5 & up	6 Classes	\$96	5/3	Su	10:30am-11:00am
67193	5 & up	6 Classes	\$96	5/7	Th	6:45pm- 7:15pm

Freestyle 2

Prerequisite: Freestyle 1. Learn a ballet jump, half-lutz jump, one-foot forward scratch spin, two forward spirals on different edges, and a dance step sequence.

Cabin John Ice Rink

67792	5 & up	6 Classes	\$144	5/2	Sa	10:15am-11:00am
67793	5 & up	6 Classes	\$144	5/2	Sa	11:00am-11:45am
67790	5 & up	6 Classes	\$144	5/4	M	6:30pm-7:15pm
67791	5 & up	6 Classes	\$144	5/6	W	7:15pm-8:00pm

Wheaton Ice Arena

67197	5 & up	6 Classes	\$96	5/7	Th	6:45pm-7:15pm
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Freestyle 3

Prerequisite: Freestyle 2. Learn backward pivots, salchow jump, toe loop jump, change foot spin, back spiral, back three-turns and a dance step sequence.

Cabin John Ice Rink

67796	18 & up	6 Classes	\$144	5/5	Tu	9:30pm-10:15pm
67795	5 & up	6 Classes	\$144	5/2	Sa	10:15am-11:00am
67794	5 & up	6 Classes	\$144	5/4	M	8:00pm-8:45pm

Wheaton Ice Arena

67199	5 & up	6 Classes	\$96	5/7	Th	6:45pm-7:15pm
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Freestyle 4

Prerequisite: Freestyle 3. Learn flip jump, loop jump, sit spin, and two back spirals on different edges. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

Cabin John Ice Rink

67797	5 & up	6 Classes	\$144	5/2	Sa	11:00am-11:45am
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Wheaton Ice Arena

67202	5 & up	6 Classes	\$96	5/3	Su	9:45am-10:15am
67201	5 & up	6 Classes	\$96	5/7	Th	7:15pm-7:45pm

Freestyle 4/5 Dance Step

Prerequisite: Passed Freestyle 3 and above. Take all the moves you've learned so far and put them together in this fun specialty class. You will learn ISI dance step sequence patterns for Freestyle 4 and 5, and must pass this class in order to complete both Freestyle 4 and 5.

Cabin John Ice Rink

67799	5 & up	6 Classes	\$96	5/2	Sa	10:30am-11:00am
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Freestyle 5

Prerequisite: Freestyle 4. Learn lutz jump, axel jump, camel spin, combination spin (camel-sit-upright), and a fast back scratch spin. In order to complete this level, the student must also pass the dance step sequence class (offered separately).

Cabin John Ice Rink

67800	5 & up	6 Classes	\$144	5/2	Sa	11:00am-11:45am
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Wheaton Ice Arena

67205	5 & up	6 Classes	\$96	5/7	Th	7:15pm-7:45pm
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Freestyle 6

Prerequisite: Freestyle 5. Learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheaton Ice Arena

67207	All Ages	6 Classes	\$96	5/7	Th	7:15pm-7:45pm
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Freestyle 7

Prerequisite: Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleys.

Wheaton Ice Arena

67209	All Ages	6 Classes	\$96	5/7	Th	7:15pm-7:45pm
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Specialty Offerings

Moves/Edges

These classes are designed for the Delta level and higher skater. Classes are designed to emphasize power, edge quality, extension of line and quickness or precision of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Beginning

Cabin John Ice Rink

67802	5 & up	6 Classes	\$144	5/2	Sa	10:15am-11:00am
67803	5 & up	6 Classes	\$144	5/7	Th	9:30am-10:15am
67801	8 & up	6 Classes	\$144	5/5	Tu	8:00pm-8:45pm

Moves/Edges, Intermediate/Advanced

Cabin John Ice Rink

67805	5 & up	6 Classes	\$144	5/2	Sa	11:00am-11:45am
67804	8 & up	6 Classes	\$144	5/5	Tu	8:45pm-9:30pm
67806	8 & up	6 Classes	\$144	5/7	Th	10:15am-11:00am

Wheaton Ice Arena

67211	8 & up	6 Classes	\$96	5/7	Th	6:45pm-7:15pm
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Figures and Fundamentals

Learn how figure eights and figures technique from days gone by can help you master the fundamentals of freestyle and field moves.

Cabin John Ice Rink

67811	4 & up	4 Classes	\$94	5/6	W	6:15pm-7:00pm
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Ice Dancing Fundamentals

Prerequisite: Gamma level or equivalent skating ability. Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. Students will combine all of these elements by focusing on the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

67807	5 & up	6 Classes	\$144	5/4	M	9:15pm-10:00pm
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Ice Hockey

Hockey - Beginner

Students will learn the fundamentals of hockey skating and stick handling. Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Wheaton Ice Arena

66951 5 & up 6 Classes \$96 5/2 Sa 10:45am-11:15am

Hockey - Initiation

Prerequisite: Passed Hockey - Beginner. Students will learn skating skills, hockey drills, and game rules. Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Wheaton Ice Arena

66953 5 & up 6 Classes \$144 5/3 Su 9:45am-10:30am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates. Skills taught include how to hold the stick correctly, stand in place and hop, forward skating using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly. Equipment required: Caged helmet, elbow pads and knee pads (rollerblading pads okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Cabin John Ice Rink

67553	4-5yrs	6 Classes	\$96	5/1	F	2:30pm- 3:00pm
67554	4-5yrs	6 Classes	\$96	5/2	Sa	10:00am-10:30am
67551	4-5yrs	6 Classes	\$96	5/5	Tu	5:15pm- 5:45pm
67552	4-5yrs	6 Classes	\$96	5/7	Th	4:45pm- 5:15pm
67557	6-8yrs	6 Classes	\$144	5/2	Sa	9:15am-10:00am
67555	6-8yrs	6 Classes	\$96	5/5	Tu	4:45pm- 5:15pm
67556	6-8yrs	6 Classes	\$96	5/7	Th	6:00pm- 6:30pm

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates or Mitey Mites 1. Skills taught include one-foot stride, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles and introduction to forward C-cuts. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads and cup.

Cabin John Ice Rink

67569	4-5yrs	6 Classes	\$96	5/1	F	4:45pm- 5:15pm
67570	4-5yrs	6 Classes	\$96	5/2	Sa	10:30am-11:00am
67573	6-8yrs	6 Classes	\$144	5/2	Sa	8:30am- 9:15am
67571	6-8yrs	6 Classes	\$144	5/5	Tu	5:45pm- 6:30pm
67572	6-8yrs	6 Classes	\$144	5/7	Th	4:00pm- 4:45pm

Mitey Mites Hockey 3

Prerequisite: Mitey Mites 2. Skills taught include back swizzles with two-foot glide, introduction to forward power turn, forward C-cut, forward crossovers, hockey stop introduction, introduction to backward C-cuts and backward skating. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

67586	4-8yrs	6 Classes	\$144	5/1	F	5:15pm- 6:00pm
67587	4-8yrs	6 Classes	\$144	5/2	Sa	7:45am- 8:30am
67584	4-8yrs	6 Classes	\$144	5/5	Tu	4:00pm- 4:45pm
67585	4-8yrs	6 Classes	\$144	5/7	Th	5:15pm- 6:00pm

Mitey Mites Hockey 4

Prerequisite: Mitey Mites 3. Skills taught include forward crossovers in a figure-eight pattern, back C-cuts, back crossovers on a circle, hockey stop and back V-stop. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

67598	4-8yrs	6 Classes	\$144	5/1	F	3:45pm- 4:30pm
67599	4-8yrs	6 Classes	\$144	5/2	Sa	7:45am- 8:30am

Mitey Mites Hockey 5

Prerequisite: Mitey Mites 4. Skills taught include forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-eight pattern and on a circle, forward edges, two-foot turn, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. Equipment required: Caged helmet, curved blade on stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

67600	4-8yrs	6 Classes	\$144	5/2	Sa	7:45am- 8:30am
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Hockey 1

Prerequisite: Passed Pre-Alpha in hockey skates. Skills taught include forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzles, forward C-cuts and one-foot stride on a circle. Equipment required: Caged helmet, elbow and knee pads (rollerblading pads okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Cabin John Ice Rink

67605	9 & up	6 Classes	\$96	5/2	Sa	8:00am- 8:30am
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Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates. Skills taught include forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a two-foot glide, introduction to back C-cuts, forward crossovers on a figure eight and forward edges. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

67633 9 & up 6 Classes \$144 5/2 Sa 8:30am-9:15am

Hockey 3

Prerequisite: Passed Alpha or above in hockey skates. Skills taught include back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turn and backward one-foot glide. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

67645 9 & up 6 Classes \$149 5/2 Sa 8:30am-9:15am

Hockey 4

Prerequisite: Passed Beta or above in hockey skates. Skills taught include forward skating with puck forehand & backhand, dribbling puck, crossovers in a figure eight, back c-cuts, back shuffle stride, back crossovers on a circle, back crossovers straight down ice, hockey stop, V-stop, power turns, two-foot three-turn, forward edges. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads shin guards and cup.

Cabin John Ice Rink

67647 9 & up 6 Classes \$144 5/2 Sa 9:15am-10:00am

Hockey: Teen/Adult

Prerequisite: Pre-Alpha Plus. Students will learn the beginning fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required (hockey pants/shoulder pads optional): rental hockey skates available.

Cabin John Ice Rink

67707 11 & up 6 Classes \$144 5/6 W 8:00pm-8:45pm

Power Skating for Hockey

Pre-requisite: Alpha or equivalent. Power skating is for kids who want to learn skating skills for hockey. This class will take existing skills to the next level with emphasis on speed, quickness, power and technique. Full gear is required.

Wheaton Ice Arena

66955 7-12yrs 6 Classes \$96 5/3 Su 10:30am-11:00am



Parent & Tot Hockey

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). Basic skating and stick handling skills will be covered. Equipment required: Bike helmet (or caged hockey helmet), knee pads, elbow pads and any type of gloves. Rental hockey skates are available; sticks provided.

Please register only the child; fee covers one child and one parent. Prerequisite: Passed Tot 1 or 2.

Cabin John Ice Rink

67550 3-5yrs 6 Classes \$96 5/2 Sa 8:30am-9:00am

Wheaton Ice Arena

66949 3-5yrs 6 Classes \$96 5/2 Sa 10:15am-10:45am

No School?
parkplayday
No Problem!

Park Play Day

No school? No problem! Bring your 6-13 year-olds for a Park Play Day! They'll enjoy a full day of activities, including a tennis lesson, ice skating lesson, arts & crafts, and fun team games and sports. Activities will vary depending on the weather, group size and children's interests. Park Play Days are offered on many of the days Montgomery County Public Schools are not in session (teachers' trainings, some holidays, etc.). Extended care is available before and after; see "Park Play Day—Extended Care" below.

Cabin John Ice Rink

66803 6-13yrs 1 Class \$35 3/30 M 9:00am-5:00pm

Wheaton Ice Arena

66799 6-13yrs 1 Class \$35 3/30 M 9:00am-5:00pm

Park Play Day—Extended Care

Need to drop off and/or pick up your child a little earlier or later for a Park Play Day? Sign up for extended care before (8-9 a.m.) and/or after (5-6 p.m.); cost is \$7/hour. Please pick up your child on time; the after-hours late fee is \$1.00 per minute. Extended care is for Park Play Days only (not programs at Cabin John or Wheaton ice rinks).

Cabin John Ice Rink

66809 6-13yrs 1 Class \$7 3/30 M 8:00am-9:00am

66810 6-13yrs 1 Class \$7 3/30 M 5:00pm-6:00pm

Wheaton Ice Arena

66807 6-13yrs 1 Class \$7 3/30 M 8:00am-9:00am

66808 6-13yrs 1 Class \$7 3/30 M 5:00pm-6:00pm

Special Programs

at Rockwood Manor and Seneca Lodge

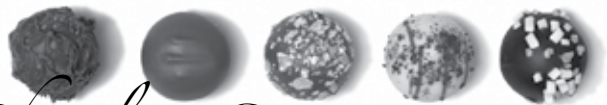


QUILTING Workshop

Join us for a friendly afternoon of quilting at Rockwood Manor, and create your own quilted table runner top. Don't worry--if you can't finish your project, the instructor will provide directions to help you complete it at home. Also, if you'd like some help on any quilting projects in progress, feel free to bring them with you! Be sure to bring: 1 yard of multicolor "focus" fabric, three 1/4 -yard pieces of matching and/or coordinating fabrics, a sewing machine in good working order (bring the manual if you have it), rotary cutting mat, cutter and ruler (if you have them), thread and bobbins in neutral colored cotton thread, seam ripper and scissors.

Rockwood Manor Park

66849 16 & up 1 Class \$30 3/14Sa 1:00pm- 4:00pm



Chocolate Creations

Join eighth-generation German Master Pastry Chef and Chocolatier Wilhelm Wanders of Chocولاتerie Wanders for an informative and delicious three-hour, hands-on chocolate class. You'll learn how chocolate is made, take part in a single origin dark and milk chocolate tasting, and even roll your own truffles to take home!

Rockwood Manor Park

70199 18 & up 1 Class \$60 4/25Sa 3:00pm- 6:00pm

Explore the Outdoors!



Ever been **kayaking**? **Rock climbing**? **Geocaching**?

No? Get outdoors and try something new at Rockwood Manor! "Morning Only" participants can pick any one morning activity (kayaking, rock climbing or GPS navigation skills); "All-Day" participants can pick both a morning and an afternoon (kayaking, rock climbing, or geocaching) activity. We'll provide all necessary equipment, expert instruction, and a box lunch for everyone. *Participants under 18 must provide a parent or guardian consent form. Activities will take place rain or shine. No refunds after May 19.*

MORNING ONLY If you can only spare a half a day to play, pick a morning course and join us! Fee covers your choice of one morning course, all equipment, instruction and a box lunch.

Rockwood Manor Park

70152 16 & up 1 Class \$75 5/30 Sa 8:00am- 1:00pm

ALL DAY Choose one activity in the morning and another in the afternoon. **Rockwood Manor Park**

70150 16 & up 1 Class \$115 5/30 Sa 8:00am- 5:00pm

Just for Kids



Jump Bunch

JumpBunch is a fun program that builds confidence in children and instills an interest in fitness and sports at an early age—which is so important for kids today! JumpBunch fosters a positive attitude about fitness and sports, so children

are eager to try new activities and believe in their own abilities. Guided by a trained coach, the class features cardio movement to music, age-appropriate muscle strengthening, a "sport of the week," resistance band work and stretching to music.

Rockwood Manor Park

69101 3-5yrs	6 Classes	\$90	3/3 Tu	9:30am-10:15am
69102 3-5yrs	6 Classes	\$90	3/5 Th	10:00am-10:45am
69103 3-5yrs	6 Classes	\$90	4/28 Tu	9:30am-10:15am
69104 3-5yrs	6 Classes	\$90	4/30 Th	10:00am-10:45am

Kids' Garage Sale

In today's economy, it wouldn't hurt to teach kids a little business sense earlier rather than later. Encourage your young entrepreneur! For just \$20, you can rent a booth space at Seneca Lodge, and your kids can sell their gently used items such as children's clothes, sporting goods, action figures, toys, books, puzzles, computer games, CDs and DVDs. Fee covers one 6-foot table and two chairs. Set-up begins at 7:30am, and all spaces must be cleared by 1:30pm.

Lodge at Little Seneca

66749 6-18yrs 1 Class \$20 3/7 Sa 9:00am-1:00pm



Easter Extravaganza

Join the Easter Bunny at beautiful Rockwood Manor for a spring morning of fun and games! Activities include: Easter egg decorating, egg hunt (with prizes), games, springtime stories and more. Bring your Easter basket so you can tote your treasures home!

Rockwood Manor Park

66823 3-8yrs 1 Class \$15 3/21Sa 10:00am-11:30am

Outdoor Adventure Camp

Discover the outdoors in this exciting day camp! Activities include hiking, canoeing/kayaking, ropes course, rock climbing, archery, and learning basic camping skills. Some activities take place off-site. Activities are subject to change depending on weather.

Rockwood Manor Park

66701 9-13yrs 5 Classes \$300 4/6 M-F 9:00am- 3:00pm





Trips & Excursions

In order to ensure a pleasant experience for all, please take note of the age ranges for each trip. Sign up early to avoid disappointment!

Black Hill Visitor Center

Van Trip: Migrating Waterfowl

This is the best time to observe ducks, geese and swans on our lake. During the spring migration, each day brings new surprises as waterfowl stop to feed and rest up for the next leg of their journey. We'll visit all the best viewing spots around the lake to see diving ducks, and hike up 10-Mile Creek to see all the dabbling ducks. Bald eagles also frequent these areas as they hunt for fish and ducks to eat. Dress for the weather and bring binoculars; spotting scopes provided. Naturalist: Denise Gibbs. ParkPASS registration required.

Black Hill Visitor Center

69252 18 & up 1 Class Free 3/11 W 8:30am-11:30am

Van Trip to Lincoln's Cottage



Join Naturalist Lynette Lenz for a tour of President Lincoln's Cottage—one of our country's newest National Historical Landmarks—and the Robert H. Smith Education Center in Washington D.C. Van transportation and a picnic lunch is included in the trip's cost. FOBH \$30

Black Hill Visitor Center

70400 18 & up 1 Class \$35 3/26 Th 8:00am-2:00pm

Van Trip to Meadowlark Botanical Gardens

We'll visit the Meadowlark Botanical Gardens in Northern Virginia, stroll the trails of the 95-acre gardens and take in all the spring flowers. Bring a lunch to enjoy in their picnic area. FOBH \$18

Black Hill Visitor Center

70550 18 & up 1 Class \$20 4/30 Th 9:00am-3:00pm

Van Trip to Union Mills Homestead

Travel by van to one of Carroll County's unique historical landmarks. We'll get a tour of the homestead and grist mill, then visit nearby Bear Branch Nature Center. We'll also explore the boardwalk on Hashawa Lake, the meadows, and area birds of prey. Bring a bag lunch; we'll provide dessert. FOBH \$18



Black Hill Visitor Center

70451 18 & up 1 Class \$20 5/13 W 8:30am-3:00pm

Kayak Trip to Blackwater Wildlife Refuge

Join us for a spring kayak overnight trip to Blackwater Wildlife Refuge on the Eastern Shore. During this three-day, two-night trip, we'll stay at a lodge on the Blackwater River and paddle through to the refuge. Previous river kayaking experience is necessary. The cost of all meals, lodging and equipment is included. Contact Naturalist Lynette Lenz for more information. FOBH \$200

Black Hill Visitor Center

70458 18 & up 3 Classes \$225 5/15 F-Su 8:00am-6:00pm

Brookside Nature Center



Be Kind to Animals Spring Break Field Trip

Share your love of animals! Meet professionals who work with and care for wild and domestic animals, and meet the animals they care for up close on this "behind-the-scenes" field

trip. We'll mail trip details to you two weeks before the program. Reservations required.

Brookside Nature Center

68014 9-12yrs 1 Class \$30 4/6 M 9:30am-4:30pm

Historic Lontontown Tour and Tea

We'll travel back to the early 1600s and visit Lontontown and Gardens in Edgewater, MD on the South River. Lontontown was once a busy ferry crossing on the main route through the thirteen colonies. Enjoy guided tours of the historic house and gardens, as well as a high tea of sweets and savories including scones, pastries, finger sandwiches and tea. Reservations required. Fee includes transportation, guided garden and house tours and high tea.

Brookside Nature Center

69036 18 & up 1 Class \$45 4/21 Tu 9:30am-3:00pm

Tour and Tea Green Spring Gardens

We'll travel to Alexandria, VA to visit the 28-acre public garden and national historic site, featuring 20 demonstration gardens and an 18th century house. After our guided tour exploring the many "rooms" of this beautiful garden, we'll enjoy a traditional high tea of finger sandwiches, scones, sweets, savories and a variety of teas inside the lovely historic house. Reservations required. Fee includes guided tour, high tea and transportation.

Brookside Nature Center

69004 18 & up 1 Class \$40 5/4 M 10:00am-2:30pm



Brookside Gardens

Philadelphia Flower Show

Ah, bella Italia! Make your reservations now for the best flower show on the East Coast: the 2009 Philadelphia Flower Show. This year's show, "Bella Italia," will take you on a tour of Italy-from the rolling hills and vineyards of Tuscany to the shores of the Italian Riviera. Celebrate the landscapes and gardens, natural beauty, culture, art, food and music of Italy. Bring your gardening questions, attend a free lecture, or shop the Marketplace. The Flower Show offers imaginative ideas for the home, and a chance to welcome spring. Fee includes coach transportation, entrance fee, and light snacks on the bus. Your lunch/dinner may be purchased at the show.



Brookside Gardens

58362	18 & up	1 Class	\$79	3/3	Tu	7:15am-7:30pm
58363	18 & up	1 Class	\$79	3/5	Th	10:45am-11:00pm

Locust Grove Nature Center

Tour and Tea: Oatlands Historic House and Gardens

Boarding White's Ferry in Dickerson, we'll glide across the Potomac River to historic Leesburg, Virginia. At Oatlands Historic House, a 19th century mansion, we'll continue our passage back in time with a guided tour. Traditional teatime follows and fittingly concludes with a stroll through Oatland's springtime gardens. Bring a bag lunch to enjoy outside. Transportation provided from Locust Grove.



Locust Grove Nature Center

69655	18 & up	1 Class	\$45	4/24	F	9:00am- 3:00pm
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Patuxent River Park

Get a rare glimpse of 18th and 19th century history at the Patuxent River Park in Prince George's County. We'll start with a pontoon boat ride on the river and end with a look at the Rural Life Museums. Along the way, the present moment, in all its spring glory, will compete for our attention at this magnificent park. Please bring a sack lunch. Transportation provided from Locust Grove.

Locust Grove Nature Center

69606	18 & up	1 Class	\$20	5/1	F	9:30am- 2:15pm
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Meadowside Nature Center

Gettysburg's New Museum ...and More!

We're going to Gettysburg, PA to visit the brand-new Museum & Visitor Center at Gettysburg National Military Park. After lunch, we'll tour the David Wills House, where President Lincoln put the finishing touches on his Gettysburg Address. Please bring money for lunch at the tavern at the historic Farnsworth House Inn.



Meadowside Nature Center

71599	18 & up	1 Class	\$34	3/12	Th	8:30am-5:00pm
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Blackwater National Wildlife Refuge Van Tour

Journey to the Eastern Shore of Maryland to explore the wildlife at Blackwater National Wildlife Refuge and the Chesapeake Bay Environmental Center. We'll take easy hikes in a variety of habitats along the shore of the Chesapeake Bay. Bring binoculars and wear waterproof shoes. Naturalist: Sandy Staples

Meadowside Nature Center

69333	18 & up	1 Class	\$25	4/23	Th	8:00am- 6:00pm
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Willow Pond Farm Tour & Herbal Lunch

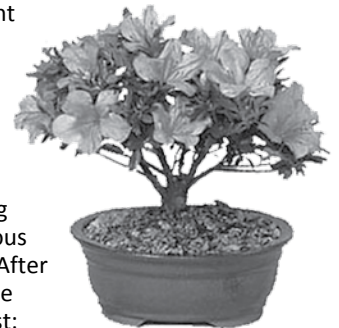
Join Naturalist Sandy Staples for a trip to Willow Pond Farm near Gettysburg, PA, to savor an herbal luncheon and enjoy a short lecture. We'll have time to visit the gardens and gift shop, and buy some of those herbs that you want to put in your garden. Naturalist: Sandy Staples

Meadowside Nature Center

69335	18 & up	1 Class	\$40	5/7	Th	9:00am- 5:00pm
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Van Tour to the National Arboretum

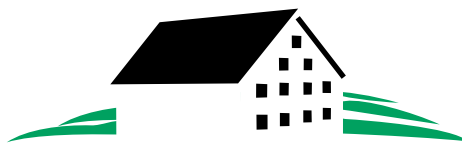
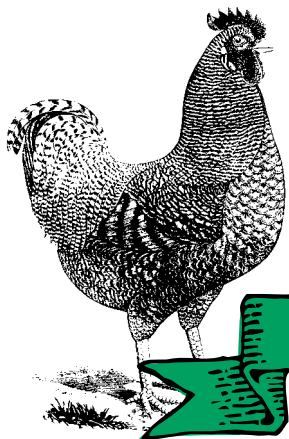
We'll explore the different thematic gardens at the National Arboretum, so that you can get some ideas for changes you might want to incorporate into your own gardens. Bring a bag lunch, or pick up a delicious sandwich from Litteri's. After lunch, we'll visit a surprise garden nearby. Naturalist: Sandy Staples



Meadowside Nature Center

69340	18 & up	1 Class	\$20	5/28	Th	9:00am- 5:00pm
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Down-Home Fun



at the Agricultural
History Farm Park



Spring 2009 Events



Springtime on the Farm

Monday, April 6

10am-2:30pm

\$7 per child *No reservations needed*

*Experience life on the farm in the 1800s.
Fun for the whole family!*

- Live farm animals by Back in Time 4-H Club
- Period crafts and hands on activities
- Hayrides
- Food for purchase

MeadowsideNature.org
301-924-4141

Gas & Steam Engine Show

Saturday & Sunday, April 18 & 19

10am-5pm

FREE *No reservations needed*

Cool tools and machines, and fun for all!

- Vintage tractors and antique equipment, including a 1915 steam tractor and functioning 1926 Frick sawmill
- Live country music
- Live animals by Back in Time 4-H Club
- Hayrides
- Kiddie tractor pull
- Tractor races, contests and parades
- Antique cars and trucks
- Gifts, mementos and food for purchase

AgHistoryFarm.org
301-253-2673



Arbor Day

Sunday, April 26

11am-4pm, rain or shine

FREE *No reservations needed*

It's a tree celebration!

- Free native (MD) saplings until they run out!
- Live music and entertainment
- Games and a treasure hunt
- Prizes and giveaways
- Artisans, demonstrations and exhibitors
- Food for purchase

AgHistoryFarm.org
301-650-2620



Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855

AgHistoryFarm.org



It's all right here!



Explore **WILD** Montgomery

Explore WILD Montgomery County with a park naturalist or a natural resource specialist. Discover beautiful public places close to home. Learn fascinating natural history from our experts. **All programs are free but require ParkPASS registration.** Visit www.ParkPASS.org to register or for more information.

Tuesday, March 10 • 7:00 – 8:30pm

Woodcock Watch at Little Bennett Regional Park

Celebrate spring by witnessing the twilight sky-dance courtship of this secretive and unusual bird. Meet at Kingsley Schoolhouse Trail Parking lot in Little Bennett Regional Park. Dress for the weather, bring your binoculars and a folding stool or chair that you can comfortably carry on a 10-minute walk down a gravel road to the woodcock field. The nearly full moon will illuminate our way. Ages 8 & up. With Montgomery Parks natural resources manager, Rob Gibbs. For detailed directions, print confirmation receipt when registering. COURSE #67549

Friday, March 13 • 9:00am – 11:30am

Early Morning Hike at Great Falls

Meet Naturalist Sandy Staples at Great Falls on the Maryland side to explore the birds and native wildlife along the Potomac River. Hopefully, with an early spring we may see some of the first spring wildflowers. Easy hike. Call 301-924-4141 for more information and directions. Adults. COURSE #69322

Friday, March 27 • 9:00am – 11:30am

Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD and hike through a variety of habitats. Waterproof shoes recommended. Call (301) 924-4141 for more information and directions. Adults. COURSE #69323

Saturday, March 28 • 10:00 am – 1:00pm

Little Bennett Regional Park

Celebrate the beginning of Spring on a hike for all ages at Little Bennett Park. Young children should be in backpacks. We will meet at the Kingsley School Parking area off Rt. 121. Bring water & a bagged lunch or snack. COURSE #67850

Thursday, April 2 • 9:00am – 11:30pm

Early Morning Hike at Damascus Regional Park

Join Naturalist Sandy Staples as we look for signs of spring along the trail at this quiet stream valley park. Wildflowers and wildlife are sure to be waking up with the warmer weather. Easy hike. Call (301) 924-4141 for more information and directions. Adults. COURSE #69324

Friday, April 3 • 7:00 – 8:00pm

Peeps in the Night at Locust Grove Nature Center

Peep, peep, peep, quack, quack, trillll! Birds? Not here in the wetlands! It's frogs we hear and frogs we'll uncover as we quietly explore our vernal pool at night with Park Naturalist, Geri Drymalski. Wear boots, and bring your flashlight. Ages 6 & up. COURSE #69549

Wednesday, April 15 • 9:30am – 12:00pm

Adult Wildflower Walk along the C&O

Take an easy walk along the C&O Canal Towpath to enjoy the blooms and colors of spring ephemerals like Virginia bluebells, violets, spring beauty, and wild ginger. Learn the folklore, medicinal uses and natural history of each species. Wear walking shoes and bring binoculars. There will be time for photography. Call 301 444-3142 for meeting place. Naturalist: Denise Gibbs. COURSE #67499

Sunday, April 19 • 9:30am – 11:00am

Billy Goat Trail at Great Falls

Join Naturalist Tina Stachura to hike Section B of the Billy Goat Trail in C & O Canal National Historical Park. This is a moderate hike which will cover about 2.5 miles. Meet: Parking lot across from Old Angler's Inn, 10801 MacArthur Blvd. Potomac, MD 20854. Adults. COURSE #67500

Wednesday, April 29 • 9:00 am – 2:00pm

Tridelphia Lake Hike–Meet at Black Hill Visitor Center

Ever been to the edge? That is, the edge of Montgomery County? Join Naturalist Glenn Cumings as he guides you along the shores of Tridelphia Lake, the border of Montgomery County for a potpourri of old trees, serene quiet waters, shore birds, eagles and beautiful rock outcrops! We will go into an area closed to the public! This is one of the last, truly wild areas left in the County! Plus, we will visit the Azalea Gardens! Van transportation provided from Black Hill Visitor Center. Adults. COURSE #67917

Friday, May 1 • 8:30am – 11:00am

Early Morning Hike at Violettes Lock

Meet Naturalist Sandy Staples at Violettes Lock on the C & O Canal to explore the birds and native wildlife along the Potomac River. Easy hike. Call 301-924-4141 for more information and directions. Adults. COURSE #69331

Great Green Getaways



Sunday, May 3 ■ 11:30am – 12:30pm

Adult Spring Tree Walk at Brookside Nature Center

Look for new leaves and tree flowers with Naturalist, Jenny Aley. Learn to identify some common trees and find out where different kinds of trees prefer to grow. Meet at Brookside Nature Center. COURSE #67501

Friday, May 22 ■ 8:30 am – 11:00am

Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD and hike through a variety of habitats. Waterproof shoes recommended. Call (301) 924-4141 for more information and directions. Adults. COURSE #69332

Saturday, May 30 ■ 8:00am – 10:00am

Birding at Cabin John Regional Park

Join local bird expert Pete Givan for a morning of bird watching. Pete, owner of the Wild Bird Center in Rockville, has a keen knack for finding a variety of resident and migratory birds. No birding experience is necessary, just come to see and enjoy. Binoculars are provided for those who register by Wednesday, May 27th. Meet at ballfield #4, accessible through Cabin John Regional Park's Westlake entrance. Ages 10 & up. COURSE #69699



Rachel Carson Greenway Hikes

Saturday, April 18, 2009

Montgomery Parks is hosting three hikes celebrating the **Rachel Carson Greenway** for you to enjoy. All hikes start promptly at 10am, rain or shine. These hikes are free and do not require registration.

"The Sense of Wonder"

Rachel Carson Conservation Park

22201 Zion Road, Olney

Revel in the natural beauty on this two-mile trek through one of the county's premier conservation areas, led by Montgomery Parks Forest Ecologist, Carole Bergmann. The trail is natural surface through forests and across meadows, with limited ups and downs. This hike is recommended for adults and families with older children who are able to hike several miles; Strollers and pets are not suitable.

Underground Railroad History

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring

Join volunteer "conductors" on a simulated Underground Railroad Experience hike along a two-mile, wooded, natural surface trail. Hikers will learn various techniques Freedom Seekers used to elude trackers, find food, and navigate their way North to freedom. Not suitable for strollers.

Families and Kids Nature Fun

Burnt Mills Dam

10700 Colesville Road (Rt. 29), Silver Spring

Enjoy fun activities designed to awaken your sense of wonder for nature on this hour-long, one-and-a-half-mile hike along the Northwest Branch Stream Valley Park, led by Montgomery Parks naturalist Geri Drymalski. This hike is recommended for ages 5 and up; strollers are not suitable. The trail is natural surface with a few minor ups and downs.





Black Hill Visitor Center

Black Hill Regional Park • 20926 Lake Ridge Dr. • Boyds, MD 20841
301-916-0220 • BlackHillNature.org

Open Saturdays & Sundays, 11am-5pm (November-March). Open daily 11am-6pm beginning April 1.
Trails open 6am–sunset. For group reservations or other assistance, call us!
ParkPASS registration required for all programs unless otherwise noted.

Toddlers Ages 1-6

Babes in the Park

Children and their parents explore the park and the wonders of nature through guided hikes, stories and a craft. Dress for the weather. Pay for the child only. FOBH \$3

67967	3-6yrs	1 Class	\$4	3/17 Tu	11:00am-11:45am
67968	3-6yrs	1 Class	\$4	3/18 W	11:00am-11:45am
67969	3-6yrs	1 Class	\$4	4/21 Tu	11:00am-11:45am
67970	3-6yrs	1 Class	\$4	4/22 W	11:00am-11:45am
67971	3-6yrs	1 Class	\$4	5/5 Tu	11:00am-11:45am
67972	3-6yrs	1 Class	\$4	5/6 W	11:00am-11:45am

Children Ages 6-12

Nature's Explorers

Homeschooled children ages 6-12 learn about different aspects of nature and science. FOBH \$5

68002	6-12yrs	1 Class	\$6	3/12 Th	1:30pm- 3:00pm
68003	6-12yrs	1 Class	\$6	4/23 Th	1:30pm- 3:00pm
68004	6-12yrs	1 Class	\$6	5/7 Th	1:30pm- 3:00pm

Mixed Ages Ages 1-17

Freaky Frozen Frogs!

How do wood and spring peeper frogs make it through the winter—they're frozen like fudgesicles in the ground! Find out at the thawing celebration featuring stories, a magnetic wood frog and spring peeper craft, and a hike to the frogs' breeding pool. Meet at Little Bennett Regional Park; print your ParkPASS registration confirmation for directions. FOBH \$4

68803	3-8yrs	1 Class	\$6	3/12 Th	10:00am-11:30am
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Welcome Back, Redbacks!

Our small salamander friends are waking up, smiling and returning to the surface. Let's greet them with stories, a cool craft and hike to their favorite logs. FOBH \$4

Black Hill Visitor Center

70259	3-8yrs	1 Class	\$6	3/20 F	10:00am-11:30am
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Spring Sow Bug & Mealworm Races

Spring is here: the days are longer, the air and ground are warmer and the arthropods are on the move. Catch some cool factoids about mealworms and sow bugs, then go ringside, pick your contestant and let the races begin! Prizes for all. FOBH \$4.

70256	4-8yrs	1 Class	\$6	3/31 Tu	10:00am-11:30am
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Children's Trout Fishing Clinic

The Seneca Valley Chapter of Trout Unlimited has teamed up with Montgomery Parks to bring you the three F's: fishing, fun and food! Kids 6-16 are invited to come spin fish for trout at Olney Manor Recreational Park Pond. Bring your own tackle and bait; we'll provide snacks and drinks. The tackle demo and fishing lesson start promptly at 2pm. We'll fish even in the mist and drizzle, so dress for the weather. Program is free; ParkPASS registration required. Print your registration confirmation for directions to the pond. All participants must be accompanied by an adult; kids 16 & up will need a Maryland fishing license. To keep your catch, you'll need a Maryland trout stamp on your fishing license.

69900	6-16yrs	1 Class	Free	4/8 W	2:00pm- 6:00pm
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Programs for All



Screech Owl Search

These small (but feisty) little owls have very spooky voices! Join us on a short walk to find them with our special electronic owl caller.

70249	5 & up	1 Class	\$6	3/3 Tu	5:30pm- 6:45pm
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Where's Squirrel?

Help Boris and Natasha find Rocky, one of Black Hill's resident flying squirrels. Join us to learn some fascinating flying squirrel factoids, then go out with the volunteers to find and feed these big-eyed, whimsical gliders. Don't forget your camera!

70253	5 & up	1 Class	Free	3/5 Th	5:30pm- 6:30pm
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Skunk Cabbage Spring Walk

Search for blooming skunk cabbage and other signs of spring's arrival as you hike on an easy to moderate trail. Wear shoes for soggy ground. Volunteer Naturalist: Donna Marino. FOBH \$1.

71849	6-Adult	1 Class	\$2	3/7 Sa	11:00am- 12:00pm
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Bird Walk for Families: Spring

Join Beth and Keith Hamilton, birders, educators, and owners of the Wild Birds Unlimited store in Germantown, for an afternoon of bird-watching fun. Bring binoculars or borrow ours. The March 8 walk will be held in Little Bennett Regional Park; meet at the Kingsley Schoolhouse parking lot off Clarksburg Road. April 5 and May 3 walks will be held in Black Hill Regional Park at the Visitor Center. FOBH \$1.

69031	6 & up	1 Class	\$2	3/8 Su	5:30pm- 6:30pm
69032	6 & up	1 Class	\$2	4/5 Su	1:00pm- 2:00pm
69033	6 & up	1 Class	\$2	5/3 Su	1:00pm- 2:00pm



Wild Montgomery Programs

Please see pages 132/33 for Black Hill Nature Center's Wild Montgomery activities:

- Woodcock Watch, March 10
- Little Bennett Regional Park Hike, March 28
- Wildflower Walk, April 15
- Hike Tridelphia Lake, April 29

Signs of Spring Walk

Join us to search for signs of the awakening natural world in Little Bennett Park. We'll listen for spring peepers and other frogs breeding in vernal pools, woodpeckers drumming their territories or carving nests, and look for emerging wildflowers. Hyattstown Mill Road is a level, gravel road, so this 1-2 mile walk is suitable for strollers. Children must be accompanied by an adult. Print confirmation receipt for detailed directions. Volunteer Naturalists: Sujata Roy, Ed Escalante & Donna Marino. FOBH \$1.

71900 All ages 1 Class \$2 3/21 Sa 10am-12:00pm

Storytime at Black Hill Visitor Center

Learn about different aspects of the natural world through stories, hikes and crafts with a different nature topic each course. Activities are designed for children ages 3-6, accompanied by an adult (no underage siblings). Dress warmly in layers—a hat that covers the ears and winter boots with wool or polar fleece, socks and gloves work great! Pay for child only. FOBH \$5

• Underlog Magic

First we'll listen to "underlog" tales and make a log craft (complete with interchangeable animal friends!). Then we'll go outside and find real logs, roll them back and visit our small friends who live underneath. When we're finished, we'll roll back the logs and put the little guys next to them so they can safely crawl back to their underlog home.

70601 3 & up 1 Class \$6 3/26 Th 10:00am-11:30am

• It's Toad Time

No fooling—the magic of spring has awakened our insect-eating friends, the toads! Hear their amazing life story, make a cool clay take-home toad craft, and take a short hike to find singing toads. Cheeeerrrr!

70600 3 & up 1 Class \$6 4/1 W 10:00am-11:30am

Welcome to the World of Nemotodes

Will the nemotodes conquer Earth? Discover amazing facts about the world's most numerous living organism. We'll hike outside to collect these micro-organisms, then view them inside with an amazing microprojector. Bring in some tiny things from home to see them enlarged, too! FOBH \$5.

70260 3 & up 1 Class \$6 3/27 F 1:30pm-3:00pm

Mole Salamander Art

We'll watch a short show about the salamander's amazing life underground and their brief (but impressive!) mass appearance above ground in the spring. Then we'll try to capture the secretive "Mona Lisa" smiles of live spotted and marbled salamanders using water colors. Want to see these critters in their burrows? Sign up for the Mole Salamander Search on March 29. FOBH \$4.

68804 6 & up 1 Class \$6 3/27 F 7:00pm-8:45pm

Mole Salamander Search

Join salamander enthusiasts Glenn Cumings and Elmore Brown to observe huge spotted and marbled salamanders, and nature's "transformer," the amazing red eft newt! Wear waterproof boots. FOBH \$12.

68805 6 & up 1 Class \$14 3/29 Su 12:00pm-3:30pm

Toad Trek!

They were frozen...but when the air and ground warms up, life creeps back in...they feel the pull, hear the call and...ta-daaa! It's toad time! Bring the family and join Naturalist Glenn Cumings as he takes you to his favorite toad spot, to catch toads emerging from the earth and mating in the shallow waters of Lake Needwood. Offsite program; print your ParkPASS confirmation receipt for directions. Wear boots and old clothes. FOBH \$3.

70251 4 & up 1 Class \$4 4/3 F 6:30pm-7:30pm

Spring Box & Stream Salamander Search

Enjoy a spring hike and help a Park Naturalist safely capture and identify the salamanders living in old spring boxes and Little Bennett Creek. Offsite program at Little Bennett Regional Park; print your ParkPASS confirmation receipt for directions. FOBH \$6.

70255 5 & up 1 Class \$8 4/13 M 1:00pm-3:00pm

Storytime on the Lake

Hop aboard our pontoon boat to explore the fascinating residents of Little Seneca Lake! Activities are designed for children ages 3-6, accompanied by an adult (no underage siblings). Please register and pay for adult and children. Personal floatation devices provided for all children to wear. Meet at the pontoon boat dock below the Visitor Center. FOBH \$5

• Buds, Birds and Butterflies

70000 3 & up 1 Class \$6 4/16 Th 10:00am-11:15am

• Turtles

70299 3 & up 1 Class \$6 4/20 M 11:00am-12:00pm

70300 3 & up 1 Class \$6 5/7 Th 11:00am-12:00pm

• Spring Babies & Their Den Trees

70001 3 & up 1 Class \$6 4/23 Th 10:00am-11:15am

• Where Are the Baby Beavers?

70003 3 & up 1 Class \$6 4/30 Th 10:00am-11:15am

• The "B" Animals

Learn all about the three B's of Black Hill: the buzzing bee, black bear and bank beaver. Then make a cool magnetic bee, bear and beaver craft to take home!

70002 3 & up 1 Class \$6 5/28 Th 10:00am-11:15am



Hummingbirds: Flying Jewels

Join Naturalist Lynette Lenz to learn about these amazing "flying jewels" in our gardens.

We'll find out their favorite flowers and learn about their behaviors, then make a hummingbird feeder to take

home (one per family). Free; registration required.

67908 3 & up 1 Class Free 4/18 Sa 2:30pm-4:00pm

Lake Shore Discoveries

The wind and waves bring treasures to the shore—a place where two worlds, the forest and lake, come together. Join us for fun, discovery and exploration along the shores of Little Seneca Lake! FOBH \$5

70254 5 & up 1 Class \$6 4/21 Tu 4:00pm-6:00pm



FOBH Spring Meetings

If you love nature, join us! Meetings feature a short presentation on a natural history topic by a Black Hill Naturalist, discussions on park programming and more. Meet at the Black Hill Visitor Center. Free!

Tues. March 24
6:30-8:30pm

Tues. April 28
6:30-8:30pm

Tues. May 26
6:30-8:30pm

Random Weave Birdbath Basket

Create a birdbath basket for your garden using random weaving techniques. Easy enough for a novice basket maker. Especially good for children ages 8 - 13, with a parent or adult to help. FOBH \$16

68013 8 & up 1 Class \$20 4/29 W 6:00pm- 8:00pm

Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Soon insectivorous bats will appear, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. Children must be 6 yrs. old & accompanied by adult. Adult and child must pay. FOBH \$5

70459 6 & up 1 Class \$6 5/7 Th 7:00pm- 8:30pm

70460 6 & up 1 Class \$6 5/28 Th 7:00pm- 8:30pm

Beginning Recreational Kayaking

Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. FOBH \$6.

70452 12 & up 1 Class \$8 5/12 Tu 7:00pm- 8:30pm

70455 12 & up 1 Class \$8 5/19 Tu 7:00pm- 8:30pm

70453 12 & up 1 Class \$8 5/26 Tu 6:30pm- 8:00pm

Snakes

Many people are afraid of these reptiles, but they're a vital part of our ecosystem. Meet a snake up close and personal, and make a craft to take home. FOBH \$4

68015 1M & up 1 Class FREE 5/30 Sa 5:00pm- 6:00pm

American Indian Heritage

Join Volunteer Naturalists and members of the American Indian Heritage Education Association (AIHEA) as they present programs on a variety of fascinating topics and experiences. Free; no registration required.

• Storytelling

Join Volunteer Naturalists and members of the American Indian Heritage Education Association (AIHEA) for a presentation on Native American lifeways. Storytelling will be the focus, with stories from various tribal backgrounds. Displays of cultural artifacts will also be available.

69249 1M & up 1 Class Free 5/30 Sa 1:00pm- 3:00pm

Bluebird Monitors Meeting & Orientation

Current and new bluebird monitors will meet to discuss their 2009 bluebird trails and receive data sheets, new boxes and other supplies. After the meeting, there will be a short training session and trail assignments for new bluebird monitors (11am-Noon). Email Naturalist Denise.Gibbs@MontgomeryParks.org if you'd like to become a volunteer Bluebird Monitor.

69253 All ages 1 Class Free 3/14 Sa 10:00am-11:00am

Growing in the Greenhouse

We're looking for volunteer greenhouse gardeners to help us propagate and grow native wildflowers to plant in our wildlife gardens and meadows. We'll also donate plants to local schools, so they can create butterfly gardens and wildlife habitats, too. You'll receive training and guidance, and can use your newly acquired skills at home! Volunteer workdays begin March 17 and continue every Tuesday through May 5. You'll need to commit to one short visit per week for the 7-week period, in addition to the Tuesday workdays. Email Denise.Gibbs@MontgomeryParks.org for more details.

70402 All ages 7 Sessions Free 3/17 Tu 9:00am-11:00am

Wildlife Garden Planting Days

Join our Volunteers and Friends of Black Hill Nature Programs and help plant nectar-rich flowers in our display hummingbird and butterfly gardens. All helpers are welcome to take home some plants for their own yard and container gardens. Free; ParkPASS registration not required. Coordinator: Denise Gibbs.

70151 5 & up 1 Class Free 5/5 Tu 9:00am-12:00pm

70153 5 & up 1 Class Free 5/6 W 9:00am-12:00pm

Volunteers Wanted: Plant Monarch Meadow

This is Mother's Day weekend, so all you Dads can give Mom some free time by bringing the kids out to help us plant a meadow for monarch butterflies! After planting, the kids can take home a beautiful blooming plant to give as a gift to Mom. Adults, please bring your own shovel; we'll provide small shovels and trowels for the kids. Meet at the Maintenance Yard parking area. Moms are welcome to participate as well! Open to all ages. Free; registration required.

69027 1 & up 1 Class Free 5/9 Sa 1:00pm-3:00pm

Volunteer Naturalist Training: Spring

These training sessions are designed especially for the current team of adult Volunteer Naturalists at Black Hill Visitor Center. All three sessions are free, but registration is required. To register, please email Naturalist Denise.Gibbs@MontgomeryParks.org or call her at 301-444-3142.

If you're interested in becoming a *new* Volunteer Naturalist at Black Hill Visitor Center, we'd love to talk with you! Please call or email Naturalist Denise Gibbs.

Saturday, March 14, 1 - 4pm

Reptiles with Elmore Brown
Black Hill Visitor Center

Saturday, April 11, 1 - 4pm

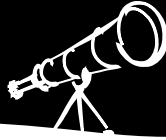
Stream Ecology Program for Schools
with Glenn Cumings and Lynette Lenz
Black Hill Visitor Center

Saturday, May 30, 8am - Noon

Birds, Butterflies, & Wildflowers with Denise Gibbs
Little Bennett Regional Park



Astronomy Day



Black Hill Visitor Center
Saturday, April 25

Explore the wonders of the heavens with us!

National Astronomy Day is May 2, and to celebrate, The Montgomery County Astronomers Group, the Black Hill Naturalist staff and amateur astronomer volunteers have put together a full day (and night!) of exciting presentations and activities for all (ages 5-adult). Activities with a * require registration. **All programs are FREE!**

12:00 – 12:30 ■ Sunspot Overview

Learn all about these powerful storms and how they affect Earth.

12:30 – 2:00 ■ Sunspot Viewing

Safely view sunspots with volunteer astronomers.

2:30 – 2:55 ■ As the World Turns

Get the basics of Earth-based astronomy.

3:00 – 3:25 ■ All About Telescopes

Learn about the different kinds of telescopes, how to operate them and pick the right one for you, how to choose an eyepiece, and more.

3:30 – 3:55 ■ Extreme Stars

Discover the biggest, smallest, closet, most distant, most likely to explode, brightest and most bizarre stars in the heavens.

4:00 – 4:25 ■ Star Clusters

Learn how to find and catch the illusion of “heavenly jewels.”

4:30 – 4:55 ■ Internet Astronomy Sites: Top Picks

Let us help you find the very best astronomy websites in cyberspace.

5:00 – 5:25 ■ Dinner Break

5:30 – 5:55 ■ Astronomy Day Kids Trivia Contest!*

How well do you know your stars? Your planets? Their moons? Constellations? Meteors? Moon facts? Space probes? Join in this fun-filled contest! Prizes for all participants, plus a drawing for special prizes! For kids 5-12 years old. FREE!

VISIT PARKPASS.ORG AND REGISTER FOR CLASS #70349.

6:00-6:25 ■ Astronomy Day Craft Glow T-Shirt*

Bring a dark-colored t-shirt and use glow-in-the-dark fabric paints to create a unique astronomical t-shirt with your favorite constellations, planets, comets and meteors! ParkPASS registration required. For kids 5 and up. FREE!

VISIT PARKPASS.ORG AND REGISTER FOR CLASS #70350.

6:30 – 6:55 ■ What’s Out Tonight?

This fast, fun slide show overview will prepare you for the outdoor viewing at 8:30.

7:00 – 7:25 ■ Friends of Black Hill Astronomy Raffle

Here’s your chance to win great astronomy stuff like telescopes, binoculars and more! Raffle tickets (\$5 each) and Star Cookies will be sold all day at the Friends of Black Hill Table.

7:30 – 8:25 ■ Keynote Speaker Dr. Ross Irwin

Dr. Ross Irwin of the Smithsonian Institution Center for Earth and Planetary Studies will present a special PowerPoint® show on the latest discoveries and secrets revealed by the “never-say-die” Mars Rovers, the Cassini-Huygens Saturn Orbiter, the Phoenix Mars Lander and India’s Chandrayaan-1 Lunar Orbiter. We’ll also take a look at the new exosolar planets. Not to be missed!

8:30 – 10:00 ■ Outdoor Viewing of the Night Sky

Join volunteer astronomers and a Park Naturalist to view different astronomical wonders through big telescopes and mega binoculars. Visit separate stations to see galaxies, double stars, constellations, clusters and planets. If skies are cloudy, we’ll move the telescopes indoors, then watch astronomy videos.

9:00 – 9:50 ■ Astronomy Video Theater

Come watch *If We Had No Moon*--a great video that dramatically demonstrates the moon’s importance to life on Earth.

*Milky Way®
and StarBurst®
candy for all!*

Black Hill Visitor Center | Black Hill Regional Park | 20926 Lake Ridge Dr. | Boyds, MD 20841
301-916-0220 | **BlackHillNature.org** | **Register online at www.ParkPASS.org**

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

You'll be a happy camper!

Come to Little Bennett Campground and enjoy:

- 91 private, wooded campsites in a beautiful 3700-acre park
- 20+ miles of trails
- Helpful, friendly staff and clean facilities
- Activity center with movies, crafts, ice cream socials, guided walks and more for campers only!
- Onsite playground, horseshoes, volleyball
- Boating, fishing, driving range, mini-golf and splash park nearby
- Ask us about our "Camper-Ready" Camping (for an extra \$25, we'll provide and set up a tent, chairs, and more for you!)
- Weekend camping begins March 6; full-facility daily camping begins April 1



Spring Camping Kick-Off

Kick off the 2009 camping season with a very special weekend at Little Bennett Campground. It'll be great outdoor fun, with an afternoon hike, dinner, outdoor movie, campfire and continental breakfast. Fee covers campsite and all activities for two; register additional campers for just \$10 per person more. (Maximum six people per campsite.) Register by March 27 and get a \$5 discount! We can set up your campsite (4-person tent, 2 chairs, stove & lantern) for you for an additional \$50 — call 301-972-9222 for equipment availability and reservations.

PARKPASS #68949 ALL AGES \$45
1PM SAT. APRIL 25 - 11AM SUN. APRIL 26

Camping Skills

Come learn or brush up on your camping skills, then have fun putting them to good use! First, join us for a two-hour Camping Class on June 17, where we'll cover skills, tips and equipment that will help you become a happy camper. Then come back with your family on Saturday, June 27 for an overnight campout at beautiful Little Bennett. Staff will be onsite that night if you have questions or need help. Fee covers one class registration and one campsite, which can accommodate up to 6 people. With each paid full registration, three additional members of your camping party (ages 16 and up) may register for the 6/17 class for just \$15 each. Beginners welcome!

PARKPASS #69000 16 & UP \$50 CLASS WED. JUNE 17, 7-9PM
CAMP 7PM SAT. JUNE 27 - 11AM SUN. JUNE 28



Special Spring Programs at Little Bennett Campground



Outdoor Camp Cooking

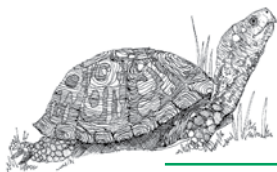
Join Little Bennett Campground's resident expert to learn the art of outdoor camp cooking. You'll learn the basics of cooking over a campfire, in a Dutch oven, and on a propane stove, and baking in a cardboard box. Everyone will help with the cooking, and sample all of the dishes. Yum!

PARKPASS #68999 16 & UP \$45
SUN. MAY 17, 1-4PM

Little Bennett Campground

23701 Frederick Rd. | Clarksburg, MD 20871 | 301-972-9222 | LittleBennettCampground.com

**Montgomery
Parks**
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It's all right here!



Brookside Nature Center

Wheaton Regional Park • 1400 Glenallan Ave. • Wheaton, MD 20902
301-946-9071 • BrooksideNature.org

Open Tuesday through Saturday, 9am-5pm, and Sunday 1-5pm.

Trails open daily, dawn to dusk. Registration is required for all programs unless stated otherwise.

Toddlers & Preschool Ages 0 – 6

Reservations required for all programs.

Woodpecker Walk

Learn about woodpeckers as we listen and look for them tapping on trees.

67919 3-6yrs 1 Class \$3 3/11 W 1:30pm-2:15pm

Critter Craft

Use natural materials to make a crazy critter craft.

67952 3-5yrs 1 Class \$4 3/14 Sa 10:30am-11:15am

Time for Tots

• Slimy Frog Eggs

It's spring, and frogs and salamanders are busy laying jelly-like, slimy eggs! Join us for a puppet show and hike to our frog pond.

67955 18-36 mo 1 Class \$4 3/18 W 9:30am-10:15am

67956 18-36 mo 1 Class \$4 3/18 W 10:30am-11:15am

• Are You My Mommy?

See a puppet show about a bunny's search for its mommy, then hike and look for baby animals.

69849 18-36 mo 1 Class \$4 4/14 Tu 10:30am-11:15am

69850 18-36 mo 1 Class \$4 4/14 Tu 11:30am-12:15pm

• Beautiful Birds

Join us for a story, craft and easy walk to see different kinds of birds.

69028 18-36 mo 1 Class \$5 5/29 F 10:30am-11:15am

69029 18-36 mo 1 Class \$5 5/29 F 11:30am-12:15pm

Nature Tales and Trails

Read a story or two about animals out and about at this time of year, and take a short walk with us.

• Hop Into Spring

67957 3-5yrs 1 Class \$3 3/20 F 9:30am-10:15am

Star Mobiles

Are you usually asleep once the stars come out? Make a star mobile to hang from your ceiling so you can see stars even when you're inside.

68009 3-5yrs 1 Class \$4 4/3 F 1:30pm-2:15pm

Woodland Egg Hunt

Hear a fun story, and go hiking to search for colorful hidden eggs with a fun treasure!

68050 1-6yrs 1 Class \$5 4/11 Sa 11:00am-11:45am

68051 1-6yrs 1 Class \$5 4/11 Sa 12:00pm-12:45pm

68052 1-6yrs 1 Class \$5 4/11 Sa 1:00pm-1:45pm

68053 1-6yrs 1 Class \$5 4/11 Sa 2:00pm-2:45pm

Hands-On Science

Spark your kid's interest in science with interactive experiences designed to encourage exploration.

• Buzzers and Boomerangs

Focus on the physics of sound and flight.

68076 4-5yrs 7 Classes \$65 4/17-5/29 F 1:00pm-2:00pm

Hoppers

Hoppers, hoppers everywhere! Hear a hopping good story, then look in our ponds and woods for frogs, toads, birds, bugs and other animals that hop.

68080 3-5yrs 1 Class \$3 4/21 Tu 1:30pm-2:15pm

Inside the Earth

Celebrate Earth Day by finding out what's inside the earth: rocks, bugs, chipmunks, worms and more.

68082 3-5yrs 1 Class \$3 4/22 W 10:30am-11:15am

Fill the Feeders

Let's hike and help fill feeders with seeds for the birds.

68011 2-5yrs 1 Class FREE 4/26 Su 12:15pm-1:00pm

68012 2-5yrs 1 Class FREE 5/24 Su 12:15pm-1:00pm

Fish Craft

Hear a fish story and make a beautiful fish craft that shines. Then we'll take a walk around our pond to look for real fish.

69001 3-5yrs 1 Class \$4 5/2 Sa 10:30am-11:15am

Pre-K Spring Plant Series

Make a craft, and then take a walk looking for plants that grow in the spring.

• Spring Tree Walk and Craft

69024 3-5yrs 1 Class \$4 5/21 Th 1:00pm-1:45pm

• Growing Spring Flowers

69025 3-5yrs 1 Class \$4 5/28 Th 1:00pm-1:45pm



Children & Youth Ages 6 - 12

Reservations required for all programs.

Children under 8 must be accompanied by an adult.

Samantha's Birthday Bouquet

Celebrate American Girl Samantha Parkington's birthday. Make a floral centerpiece and party favors, then enjoy a party with games and refreshments.

67911 8-12yrs 1 Class \$10 3/7 Sa 10:30am-12:00pm



Wildlife Trails

Find out where wildlife goes by looking for their trails. Learn how to recognize deer and other animal trails.

67964 6-12yrs 1 Class \$4 3/27 F 4:00pm-5:00pm



The big



behind a
description points
out our excellent
VOLUNTEER
opportunities and
training sessions.
Check them out
and sign up
to volunteer
with us this spring!

Wildflower Walk

Hike the nature center trails searching for blooming native flowers.

67966 6-12yrs 1 Class \$4 3/28 Sa 10:30am-11:30am

Pollinators

Learn about the importance of pollination and see which spring pollinators are active.

68008 6-12yrs 1 Class \$4 4/2 Th 4:00pm-5:00pm

Building a Backyard Habitat

Habitats are important! Make your backyard bird-friendly by making a robin nest box.

68016 6-12yrs 1 Class \$15 4/7 Tu 10:30am-12:00pm

Bumblebees

Learn about bumblebee biology and behavior, and observe these busy pollinators at work.

68048 6-12yrs 1 Class \$4 4/9 Th 2:00pm-3:00pm

Carderock Hike

Enjoy a moderate hike on Section C of the Billy Goat trail in the Carderock Recreation Area. We'll have good views of the Potomac and spring wildflowers.

68055 6-12yrs 1 Class FREE 4/13 M 10:00am-12:00pm

Arbor Day Tree Walk and Craft

Celebrate Arbor Day by taking a tree walk on the Oak Ridge Trail and making a beautiful craft out of wood to take home.

68100 6-12yrs 1 Class \$5 4/24 F 3:30pm-4:30pm

Flower Scavenger Hunt

Learn about flowers and their parts as we search outside for what's blooming.

69018 6-12yrs 1 Class FREE 5/19 Tu 3:30pm-4:30pm

American Girl Doll Craft

Using basic sewing stitches create accessories for your doll. We'll make a purse, tote bag, and fringed shawl.

69026 10-12yrs 1 Class \$9 5/23 Sa 2:00pm-4:00pm

Mixed Ages Ages 0 - 17

Reservations required for all programs.

Children under 8 must be accompanied by an adult.

Puppet Shows at Brookside Nature Center

Our lively puppet shows highlight the current season and help young audiences learn about nature.

• The Caterpillar and the Polliwog

67902 1-12yrs 1 Class \$2 3/3 Tu 11:30am-12:00pm

67903 1-12yrs 1 Class \$2 3/3 Tu 1:30pm-2:00pm

• Hooray for Spring!

67904 1-12yrs 1 Class \$2 4/10 F 1:30pm-2:00pm

67905 1-12yrs 1 Class \$2 4/23 Th 11:00am-11:30am

• Are You My Mommy?

67906 1-12yrs 1 Class \$2 5/26 Tu 11:30am-12:00pm

67910 1-12yrs 1 Class \$2 5/27 W 1:30pm-2:00pm

Is Spring Just Around the Corner?

Read about Frog and Toad's search for spring, then hike to see if spring is "just around the corner."

67912 5-10yrs 1 Class \$3 3/7 Sa 1:45pm-2:30pm

Spring Scavenger Hunt

Let's go see what's sprung on the first full day of spring!

67959 3-12yrs 1 Class \$4 3/21 Sa 10:00am-11:00am

Amphibian Search

Join Park Naturalist Tina Stachura at Maydale Park to search woodland vernal pools for salamander and wood frog eggs. Dress to get muddy! Fee for child only.

72049 3 & up 1 Class \$4 3/30 M 3:30pm-4:30pm

Vernal Pool Hike

The life cycle of frogs, salamanders and other creatures depends on pools that form temporarily in the spring.

We'll visit a vernal pool and talk about pool ecology.

68049 6-17yrs 1 Class \$6 4/10 F 10:30am-12:00pm

Springtime on the Homestead

Help us plant the herb garden, chink and whitewash the cabin, and play games at our pioneer cabin. Free herbs to take home for your garden! Dress to get dirty, and bring a trowel and a shoebox for your herbs.

69030 3-12yrs 1 Class \$7 5/30 Sa 10:00am-11:30am

Homeschool Specials

Reservations required.

These Naturalist-led programs offer homeschooled children the opportunity to learn about natural and cultural history in an active group setting.

• Life as a Bird

67949 6-12yrs 1 Class \$4 3/12 Th 2:00pm-3:00pm

• Frogs and Toads

67950 6-12yrs 1 Class \$4 3/19 Th 2:00pm-3:00pm

• Life as a Reptile

67951 6-12yrs 1 Class \$4 3/26 Th 2:00pm-3:00pm

• Honeybees

68075 6-12yrs 1 Class \$4 4/16 Th 2:00pm-3:00pm

• Life in the Forest

69005 6-12yrs 1 Class \$4 5/7 Th 2:00pm-3:00pm

• Life in the Meadow

69006 6-12yrs 1 Class \$4 5/14 Th 2:00pm-3:00pm

• Life in the Pond

69007 6-12yrs 1 Class \$4 5/21 Th 2:00pm-3:00pm

Programs for All

Reservations/fees required for all unless otherwise noted.

Salamanders Went Out on a Rainy Night!



Once a year, on warm, rainy nights, elusive spotted salamanders migrate to breeding pools to mate and lay eggs. Sign up now to join us on the not-yet-known March date, and we'll call you the day of the hike with directions to the event site at Maydale Park.

67899 All ages 1 Class FREE 3/? 7:30pm-8:30pm

Make It and Take it

An easy-to-make craft that you can take home. Drop in anytime during program hours! Fee is per craft. No reservations required.

• Frog Craft

67900 All ages 1 Class \$1 3/1 Su 2:00pm-3:30pm

• Flower Craft

67901 All ages 1 Class \$1 4/19 Su 2:00pm-3:30pm

Pioneer Games Drop-In

Drop by for self-guided play! Try your hand at some pioneer toys and games. No reservations required.

67913 All ages 1 Class FREE 3/8 Su 2:00pm-3:00pm

Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. Rain cancels program. No reservations required.

67914 All ages 1 Class FREE 3/10 Tu 6:45pm-7:30pm

67915 All ages 1 Class FREE 4/7 Tu 7:30pm-8:15pm

67916 All ages 1 Class FREE 5/26 Tu 8:45pm-9:30pm

Spring Volunteer Training

Find out how you can help with nature programs or around the nature center. We'll explore spring—birds, flowers, trees, the stream, and other natural resources in the park. You must submit a volunteer application prior to the class date.

67953 All ages 1 Class FREE 3/14 Sa 2:00pm-4:00pm

Family Forest Walk

Enjoy a woodland walk and discover how the plants and animals of the forest adapt to the season.

67954 All ages 1 Class \$4 3/15 Su 11:30am-12:30pm

Awesome Amphibians

Meet some of the nature center's amphibians, then go on a hike to look for wild ones. Reservations required for all; adults are free.

67958 All ages 1 Class \$4 3/20 F 4:00pm-5:00pm

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close. Reservations required for all; adults are free.

67960 All ages 1 Class \$4 3/21 Sa 11:30am-12:30pm

67961 All ages 1 Class \$4 4/4 Sa 10:30am-11:30am

Snakes Alive

Meet and touch some of our live local snakes. Learn what they eat, where they live, how they move, and more. Reservations required for all, but adults free.

67962 All ages 1 Class \$4 3/22 Su 2:00pm-3:00pm

Bird Bingo

Stop by the nature center during program hours and pick up a bingo sheet at the front desk. Search outside for different bird behaviors and collect a bird sticker if you get bingo! No reservations required.

67973 All ages 1 Class FREE 3/29 Su 1:30pm-3:30pm

RockFest

Join us for an afternoon of rockin' activities. Learn about Maryland rocks and minerals, and see examples of rocks from around the world. Go on a rock walk and see how geology has made the park such a wonderful place for plants, animals and people. Learn some tricks for identifying rocks, see an "oxbow," roll some rocks, and make some real rock music. Drop in any time between 3:30 and 5:30; groups welcome. Really love rocks? Volunteer! See the sidebar below.

68102 3 & up 1 Class \$2 4/1 W 3:30pm-5:30pm

Planting Spring Flowers

Paint a pretty flower pot, then plant seeds in it that will grow into beautiful spring flowers. Fee is per pot.

69149 All ages 1 Class \$5 4/7 Tu 1:30pm-2:15pm

Spring Hike at Maydale

Hike through the meadow and around the ponds looking for birds, flowers and frogs.

68044 All ages 1 Class \$4 4/7 Tu 4:00pm-5:00pm

Pioneer Brunch

We'll make hot cakes and butter, and use some real maple syrup for our old time breakfast, while we learn about life on the homestead. All must register and pay.

68045 All ages 1 Class \$8 4/8 W 9:30am-11:00am

Full Moon Hike

Check out the trails and wildlife by moonlight!

68046 6 & up 1 Class \$4 4/8 W 8:00pm-9:00pm

Outdoor Living Skills

Learn basic skills that will help you survive in the wild, or make your next camping trip easier and more fun.

• Map and Compass

68047 8 & up 1 Class \$8 4/9 Th 10:00am-12:00pm

Scavenger Hunt on your Own

Pick up a scavenger hunt sheet at the nature center, and search outside for different plants and animals. Return your completed sheet for a prize. No reservations required; drop-in anytime during program hours.

68054 All ages 1 Class FREE 4/12 Su 2:00pm-3:00pm

Garlic Mustard Pull

Join today's all-county Garlic Mustard Challenge and help us clear this invasive weed from the park. Bring your filled bags to the garlic mustard weigh-in-- you may win the grand prize! Bring work gloves, or borrow ours. No reservations required for individuals; organized groups please call 301-949-0223 to register. See page 143 for more details on this event.

68078 All ages 1 Class FREE 4/18 Sa 12:00pm-1:30pm

Garlic Mustard Weigh-In

Bring your bags of garlic mustard to be weighed at our weigh station. Thank-you gifts for all, and one grand prize to the person or group who pulled the most weeds (by weight). No reservations required.

68079 All ages 1 Class FREE 4/18 Sa 1:30pm-2:00pm



Rock on at RockFest!

If you love rocks (i.e. geology), we need you at RockFest! (April 1, 2:30 - 6 p.m.) Volunteers are needed to greet visitors, staff display tables and guide visitors to outdoor sites. See the event description at the top of this page for more info. Training provided.

Please email Jenny.Aley@MontgomeryParks.org or call her at 301-946-9071.



Volunteer at Brookside Nature Center

Have fun, contribute to your community and learn about nature!

You could be a:

- Volunteer Naturalist
- Naturalist Aide
- Nature Center Hostess and Host
- Native Plant Gardener
- Invasive Plant Removal
- Grounds Keeping

See page 141 for info on our March 14 volunteer training session.

Earth Day Invasive Plant Pull

Do something good for the earth today—join us to remove invasive plants. Students can earn SSL hours for their work! Bring gardening gloves and wear long sleeves and pants. No reservations required.

68083 All ages 1 Class FREE 4/22 W 3:30pm-6:00pm

Blooming Branches

Enjoy making a flowering tree branch using tissue paper, glue guns, and imagination.

68010 All ages 1 Class \$3 4/25 Sa 2:00pm-2:45pm

Fox Family in Spring

Visit our fox dens and find out when young foxes are born, how they play and how they learn to hunt. Wear good walking shoes.

69002 4 & up 1 Class \$4 5/2 Sa 2:00pm-3:00pm

Color Code

Learn how animals use color to communicate.

Reservations required for children only.

69008 All ages 1 Class \$4 5/9 Sa 9:30am-10:30am

Caterpillar Craft

Stop by during program hours and make a beaded caterpillar key chain. Fee is per craft.

69010 All ages 1 Class \$2 5/9 Sa 11:00am-12:00pm

Mother's Day Vase Craft

Stop by during program hours and turn a glass bottle into a decorative flower vase. Fee is per craft.

69011 All ages 1 Class \$2 5/10 Su 2:00pm-3:00pm

Backpacking Overnight in Wheaton Regional Park

We'll carry our packs to a quiet, lovely spot in the park and camp out! Enjoy an evening meal cooked over a fire, and a fun night hike through the woods. You must attend a planning meeting on Tuesday, May 12 in the evening. You supply your own sleeping bags, backpacks and tent; we supply the food. To register, call 301-946-9071.

69022 All ages 1 Class \$18 5/16 Sa, Su 4:00pm-9:30am

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects and more! Wear old shoes or water shoes (no flip-flops or sandals).

Reservations required for all; no fee for adults.

69034 All ages 1 Class \$4 5/30 Sa 12:30pm-1:30pm

Butterfly Flutterby

Meet at the nature center for a story, craft, and catch and release insects. Then we'll walk to Brookside Gardens to tour the "Wings of Fancy" Butterfly Exhibit. Fee required for all attending: \$10 children, \$5 adult (fee includes admission to exhibit).

69035 3 & up 1 Class \$10 5/31 Su 11:30am-1:00pm

Adults Ages 18 and up

Reservations required.

Oak Ridge Trail Walk

Take a stroll and learn about white oaks, red oaks and other plants of the season along this scenic trail.

67963 18 & up 1 Class FREE 3/26 Th 5:00pm-6:00pm

Bird Walk

Bring your binoculars or borrow ours, and enjoy a leisurely stroll in search of birds.

• Spring Migration

67965 18 & up 1 Class \$4 3/28 Sa 9:00am-10:00am

Ladies Hike Out

Want to hike but don't know where to go? Meet other women and hike some park trails together.

• Rachel Carson Conservation Park

68101 18 & up 1 Class FREE 4/5 Su 9:00am-12:00pm

Adult Wildflower Walk

Enjoy a stroll through our woods and meadow looking for spring wildflowers.

68081 18 & up 1 Class FREE 4/21 Tu 5:00pm-6:00pm

Adult Outdoor Living Skills

Learn basic skills that will help you survive in the wild, or make your next camping trip a bit easier and more fun. A naturalist will teach different outdoor skills at each class. Wear sturdy shoes and long pants.

• Fire Building

69013 18 & up 1 Class \$8 5/12 Tu 6:30pm-8:30pm

• Map and Compass Skills

69014 18 & up 1 Class \$8 5/19 Tu 6:30pm-8:30pm

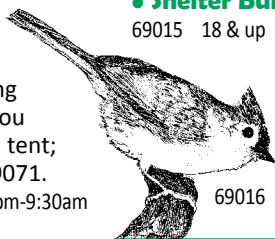
• Shelter Building

69015 18 & up 1 Class \$8 5/26 Tu 6:30pm-8:30pm

Birding at Blue Mash Trail

See which birds are active as we stroll the trails at Blue Mash. Bring binoculars and wear shoes that can get muddy.

69016 18 & up 1 Class \$4 5/15 F 9:00am-10:00am



Wild Montgomery Programs

Explore *wild* Montgomery County with a Park Naturalist or Natural Resource Specialist. Discover beautiful public places close to home, and learn fascinating natural history from our experts. All programs are free, but require registration. For detailed directions, print your ParkPASS confirmation receipt when registering. See pages 132-133 for more Wild Montgomery activities.

• Explore a Park: Billy Goat Trail

67500 18 & up 1 Class FREE 4/19 Su 9:30am-11:00am

• Adult Spring Tree Walk

67501 18 & up 1 Class FREE 5/3 Su 11:30am-12:30pm

Dig into the past!

Saturday, May 9, 2009

10 am – 3 pm

\$8 per person/\$15 family

Bring a bag lunch & digging clothes!

- **Tours of the Mansion**
- **Storytelling**
- **Old-time games**
- **Crafts**

Archaeology Day

at Needwood Mansion

6700 Needwood Rd., Derwood, Maryland

301-840-5848 • www.ParksArchaeology.org

BROUGHT TO YOU BY

The Archaeology Society of Maryland, Mid-Potomac Chapter
Maryland-National Capital Park and Planning Commission

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Save the Forest ~ Have Fun ~ Win Prizes!

Our parks are being invaded!

Garlic Mustard CHALLENGE

Take the Challenge...

Saturday, April 18

Saturday, April 25

Sunday, April 26

For times, locations and
more details go to:

WeedWarrior.org

Gather your family, friends, club and neighbors, and help us eliminate garlic mustard plants from Montgomery County Parks. Garlic mustard is a non-native, invasive plant that grows rapidly and crowds out the native plants and trees. It's easy to identify and easy to pull.

- Go to WeedWarrior.org, choose a date and location, and sign up.
- Show up and Pull! Pull! Pull!
- Pull the most garlic mustard (by weight), and you (or your group) win a GRAND PRIZE!
- We provide gloves and tools
- Wear long pants, long sleeves, and comfortable shoes
- Challenge is on rain or shine
- SSL approved

Want to set up a group pull in your area? Email Lynette.Scaffidi@montgomeryparks.org, or call 301-949-0223.

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!



Locust Grove Nature Center

Cabin John Regional Park • 7777 Democracy Blvd. • Bethesda, MD 20817
301-299-1990 • LocustGroveNature.org

Open Tuesday – Saturday, 9am-5pm. Trails open daily, dawn to dusk.

Please register and pay for everyone whose ages fall within the program's stated age range, unless noted otherwise. Children under 8 must be accompanied by an adult.

Toddlers/Preschool Ages 0 – 6

Reservations required.

Tot Time: Slimy Eggs!

Frogs and salamanders are busy laying jelly-like slimy eggs. Join us to investigate and explore the lives of these animals and their springtime antics. We'll take a walk to look for frog "nurseries," and make a craft to take home.

69608 1-3yrs 1 Class \$4 3/17 Tu 11:15am-12:00pm

Storytime: Spring!

Join us for a bouncy, springy story, a walk in the woods, and a special spring craft.

69701 3-6yrs 1 Class \$5 3/19 Th 10:00am-11:00am

Tot Time: Who Has Seen the Wind?

Moving air leaves its traces in all sorts of ways. Explore them with your youngest naturalist through simple demonstrations, experiments and observations.

69551 1-3yrs 1 Class \$4 3/28 Sa 11:15am-12:00pm

Discovery Hike: Weather Wonders

April showers bring May flowers—but what do May flowers bring? Join us for a rainy, early April celebration and find out.

69650 3-5yrs 1 Class \$4 4/2 Th 10:00am-11:00am

Club Salamander

The amphibians are out! Frogs are singing, toads are trilling and spotted salamander eggs are everywhere. Join us as we search for these amazing animals. We'll make a craft and warm up with some hot chocolate after our hike.

69710 3-5yrs 1 Class \$4 4/21 Tu 10:00am-11:00am

69711 3-5yrs 1 Class \$4 4/28 Tu 10:00am-11:00am

69712 3-5yrs 1 Class \$4 5/5 Tu 10:00am-11:00am

Tot Time: Raindrops to Rainbows

There's never a rainbow without a raindrop. Let's explore their fortunate alliance with our youngest naturalists!

69601 1-3yrs 1 Class \$4 4/21 Tu 11:15am-12:00pm

April Flowers

It's almost May, and those spring showers should have the woodland flowers bursting out all over. We'll learn a little about flowers and colors, and take a stroll through the woods to find hidden beauties.

69704 3-6yrs 1 Class \$5 4/30 Th 10:00am-11:00am

Animal Babies

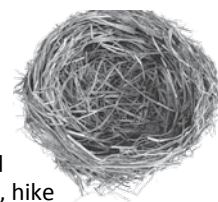
From tadpole to turtle, larvae to fledgling, all animals have babies. We'll (literally) dig into the subject to find some of the stranger babies living in logs and soil, and check out some of the more familiar fuzzy babes, too.

69706 3-6yrs 1 Class \$5 5/7 Th 11:00am-12:00pm

Cradles in the Trees

Birds are busy making nests for their young—and what amazing creations they are. Birds use all kind of materials for nest building: mud, pine needles, snake skins and dragonfly wings! Join us for a story, hike and opportunity to build a nest of our own!

69713 3-6yrs 1 Class \$4 5/13 W 10:00am-11:00am



Discovery Hike: Up Close and Personal

Learn to use magnifiers, microscopes and even binoculars to uncover the hidden world of small and amazing critters.

69657 3-5yrs 1 Class \$4 5/22 F 10:30am-11:30am

Children/Youth Ages 6 – 12

Reservations required.

Lucky Frogs!

Discover the wonders of early spring with a frog's-eye view of the world. Tune in to froggy love songs, develop an appreciation for wet, webbed feet, and see if you can learn to swallow with your eyes!

69700 6-12yrs 1 Class \$5 3/13 F 4:00pm-5:00pm

Come as You Are Hike

Calling all young explorers! Kids lead the way while probing the wilderness of the Cabin John Trail as it winds westward toward the Potomac. Be prepared for muddy sections and some scrambling over logs.

69550 6-12yrs 1 Class FREE 3/20 F 4:00pm-5:00pm

Basketmaking for Kids

Weave a paper basket out of grocery bags! Our simplified technique will produce a small, durable basket perfect for holding colored eggs or other springtime treasures. All children under 8 must be accompanied by an adult. Registration closes 4/6.

69599 7-12yrs 1 Class \$6 4/9 Th 1:00pm-2:30pm



Brownie Try-It: Earth and Sky

Let a naturalist guide your Brownies through four Earth & Sky activities as they explore the Cabin John Creek watershed. Leaders may sign up multiple Brownies, but payment is required in advance. Leaders or other adults must accompany troops. Siblings are welcome, but we ask that they stay with responsible adults and refrain from participating in activities.

69703 7-10yrs 1 Class \$7.50 4/13 M 10:30am-12:00pm



Cane Pole Fishing

The fish are biting! With just a cane pole, worm, hook and string you can catch a few keepers and bring home a fishing tale worth remembering. Materials provided. All children must be accompanied by an adult. Please meet at the fishing pier at Little Seneca Lake in Black Hill Regional Park.

69600 6-12yrs 1 Class \$5 4/17 F 4:00pm-5:00pm

Preteens & Teens Ages 12 - 17

Reservations required.

Nature Challenge

This program is designed for pre-teens and teens, whose busy academic schedules keep them too far from nature! We hope our self-guided Nature Challenges will fit into your summer schedules and give you an excuse to splash in the creek, turn over logs, and poke around in puddles as you solve the challenge. You can get started by registering for one of the introductory sessions, then complete the puzzles on your own schedule. Successfully solving a challenge gets your picture in our Hall of Fame and earns a prize.

69705 12-16yrs 1 Class FREE 5/5 Tu 7:00pm-8:00pm

69709 12-16yrs 1 Class FREE 5/26 Tu 6:30pm-7:30pm



Mixed Ages Ages 0 - 17

Tuesday in the Park

Join a park naturalist at the Cabin John Regional Park playground to explore what's happening outside! No registration required.

69611 1-12yrs 1 Class FREE 3/10 Tu 1:00pm-2:00pm

69612 1-12yrs 1 Class FREE 3/24 Tu 11:00am-12:00pm

Programs for All

*Reservations required unless otherwise noted.
All children must be accompanied by an adult.*

Spotted Salamander Search

Spotted salamanders will soon be leaving their underground burrows to search for vernal pools in which to lay their eggs. If you would like to witness this amazing once - a - year exodus, please register early for this program. The time and date listed for this program is tentative! The actual date of the hike will depend on suitable weather conditions. We'll call you on a cool and rainy late winter evening, ask you to abandon your dinner, and trek in mud until we find these wonderful creatures. The walk is not long or difficult, but a sense of adventure is a must! The quest is free, and registration is required. Meet at the McDonell Campground parking lot off Tuckerman Lane at the prescribed time once you receive our call.

69949 5 & up 1 Class FREE 2/28 Sa 7:00pm-9:00pm

Best Fishing Holes of Montgomery County

Catch the fun and adventure of fishing! Listen to an expert on Montgomery County's streams and learn what you can hope to snag in our fishing hot spots.

69609 10 & up 1 Class \$5 3/11 W 7:00pm-8:00pm

Please Feed the Animals

Ever wonder about the animals here at Locust Grove Nature Center? What do they eat? Where did they come from? Learn about their natural habits and habitats during this animal "meet and watch them eat" program.

69649 1 & up 1 Class \$3 3/20 F 1:00pm-1:45pm

69656 1 & up 1 Class \$3 5/15 F 1:00pm-1:45pm

Wild Montgomery Programs

Explore *wild* Montgomery County with a Park Naturalist or Natural Resource Specialist. Discover beautiful public places close to home, and learn fascinating natural history from our experts. All programs are free, but require registration. For detailed directions, print your ParkPASS confirmation receipt when registering. See pages 132-133 for complete descriptions of these programs, and more Wild Montgomery activities.

• Peeps in the Night

69549 6 & up 1 Class FREE 4/3 F 7:00pm-8:00pm

• Birding at Cabin John Regional Park

69699 10 & up 1 Class FREE 5/30 Sa 8:00am-10:00am

Family Splash

Get ready, get set, get wet! We'll head down to the stream, net in hand, to explore and learn about some of Cabin John's underwater residents. An adult must accompany each child, especially in the creek. All participants must wear water-worthy, close-toed shoes. All attendees must register and pay.

69652 6 & up 1 Class \$3 4/10 F 1:00pm-2:00pm



Garlic Mustard No More

Families and groups, warm up for the Garlic Mustard Challenge! We'll tug, pull, yank, pluck and do whatever's necessary to perfect our technique and get that bothersome plant out of our forests! The results of our labor? A habitat well on its way to restoration, calories burned, and a chance to win a prize! Reservations not required, but appreciated.

69653 4 & up 1 Class FREE 4/18 Sa 12:00pm-1:30pm

Garlic Mustard Weigh-In at Locust Grove

Bring your bags of garlic mustard to be weighed at our weigh station anytime between 1:30 and 4pm. No reservations required.

69654 4 & up 1 Class FREE 4/18 Sa 1:30pm-4:00pm

Mud Pie Contest

It's mud season—and what better way to celebrate than to create a masterpiece of a mud pie? Pies will be judged in categories guaranteed to highlight our chefs' diverse culinary talents. Judging and awards presentation take place at 3:30 pm. Participating pastry chefs need not be present to win. Reservations recommended.

69610 1 & up 1 Class \$5 5/2 Sa 9:00am-3:30pm

Fireside Lunch Club: Personal Pizza

Using fresh herbs from our garden and an assortment of toppings, we'll create personalized pizzas and toast them to perfection over our campfire. All attendees must register and pay.

69603 1 & up 1 Class \$4
5/6 W 11:00am-12:00pm

Special Events

Beastly Buddies

Come to a special three-hour event to help animals and learn about the animals that help us. Explore wildlife rehabilitation, pet rescue, wildlife conservation and more. Bring a towel or blanket in exchange for a prize. Feel free to stay for as long (or as short) as you want! Fee is per child only. Adults must accompany all children.

69651 3-12yrs 1 Class \$4 4/7 Tu 10:00am-1:00pm



Happy Bird Day!

Stop by Locust Grove Nature Center anytime from 10am-3pm to learn something about our feathered spring migrants. Some are arriving to set up house, others are winging their way north, and all are beautiful to watch and discover. Learn to identify common birds, select appropriate feeders and seed, and keep your personal habitat bird-friendly. Bird walks will be scheduled periodically throughout the day. Check LocustGroveNature.org after April 1 to get the complete schedule of events for the day.

69707 1 & up 1 Class \$1 5/9 Sa 10:00am-3:00pm

Bats Are Back Family Program

Bats are back!! Welcome our other spring migrants back with a talk and a walk to watch wild bats hunt over the meadow and creek. All attendees must register and pay. No younger siblings, please.

69714 5 & up 1 Class \$2 5/15 F 8:30pm-9:30pm



Welcome to the Nature Exploration Area!

Welcome to Locust Grove's Nature Exploration Area! This initial draft of our long-term project is open and ready for testing! Bring your child and learn what our NEA is, why children need it, and how fun it is to reap the many benefits of outdoor play.

69605 1 & up 1 Class FREE 5/23 Sa 11:00am-12:00pm

69607 1 & up 1 Class FREE 5/28 Th 11:00am-12:00pm

Adults Ages 18 & up

Reservations required unless noted otherwise.

Urban Gardening

Locust Grove's gardens are designed with nature in mind. They demonstrate successful methods of attracting butterflies and hummingbirds, filtering stormwater run-off, deterring deer predation and landscaping in heavy shade. Our PowerPoint presentation will show what plants work best in meeting these challenges, and will provide useful tips for harmonizing your garden with the unique conditions of Bethesda's urban environment.

69552 18 & up 1 Class \$5 3/19 Th 7:00pm-8:00pm

Natural History for Adults: Insects

Are they good, bad, pests, or helpers? Come for a lighthearted tour of all that bugs you, and then impress your friends and neighbors with your entomological expertise.

69702 18 & up 1 Class \$6 3/27 F 7:30pm-9:00pm

Urban Gardening: Perennials Swap and Sale

Thinning out the coneflowers and can't bear to throw the extras away? Want to get some swamp milkweed for the monarch butterflies? One stop at Locust Grove can solve your gardening angst. Come trade plants or buy native perennials, and see how to best integrate them into your garden scheme. If swapping plants, please bring them divided and appropriately packaged to assure their survival. Reservations appreciated, but not required.

69602 18 & up 1 Class FREE 4/25 Sa 11:00am-1:00pm



Meadowside Nature Center

Rock Creek Regional Park 5100 Meadowside Lane Rockville, MD 20855
301-924-4141 MeadowsideNature.org



Open Tuesday-Friday 9am-5pm; Saturday 9am-4pm (November through March).
Open 9am-5pm Saturdays, beginning April 1. Trails open daily dawn to dusk.

Toddlers Ages 1-6

Storytime at Meadowside Nature Center

At every Meadowside storytime, we read a nature-themed story together, then do a fun activity (craft or hand-on demonstration) to bring the story to life for young children.

• Down on the Farm

Listen to stories about farm animals and farm life at the Agricultural History Farm Park, then meet and greet some farm animals as we walk about and learn about life on a farm. Meet at the Agricultural History Farm Park (18400 Muncaster Mill Road, Derwood, MD 20855).

69226 3-6yrs 1 Class \$5 3/13 F 9:30am-10:30am

• In a Small, Small Pond

We'll explore life in a pond and learn about the kinds of animals you'd expect to find: frogs, turtles and more. Story and craft. Naturalist: Sandy Staples

69321 3-6yrs 1 Class \$5 5/12 Tu 1:30pm-2:30pm

• Nature Around the World

Animals and nature play a part in folk tales and stories from around the world. Folk stories, activities, and crafts will introduce us to new places and ideas about nature from around the globe.

69222 3-6yrs 1 Class \$5 3/4 W 9:30am-10:30am

69223 3-6yrs 1 Class \$5 4/21 Tu 9:30am-10:30am

69224 3-6yrs 1 Class \$5 5/6 W 9:30am-10:30am

• No Dragons on My Quilt

Quilts provide comfort and warmth, as well as being beautiful and fun to make. We'll read a story and make paper quilt squares that you can take home.

Naturalist: Sandy Staples

69299 3-6yrs 1 Class \$5 3/3 Tu

1:30pm-2:30pm

• Spring Is Coming

As the snow and cold weather goes away, spring brings many changes. Some of them you can see, and others you can't. We'll explore these changes with a story, activity, and hike as we use our powers of observation.

Naturalist: Sandy Staples

69320 3-6yrs 1 Class \$5
3/10 Tu 9:30am-10:30am



Breakfast with the Bugs

Get buggy with us! Come meet and learn about insects and bugs, then make and enjoy a yummy, buggy breakfast treat. (No real bugs in our breakfast, but if you have food allergies or concerns, please call us.) Naturalist: Lisa Droubi

69225 3-6yrs 1 Class \$5 3/11 W 9:30am-10:30am

Bald Eagles

Learn about this majestic symbol of America, and the bird's amazing comeback in the area. We'll do activities, a craft, and visit with Meadowside's very own Bald Eagle, too.

69227 3-6yrs 1 Class \$5 3/18 W 1:30pm-2:30pm

Tree Trunk Traffic

The oak tree is one of the most useful trees for wildlife. Who lives there? Explore the relationship of trees with wildlife in their habitats through a story, craft and hike. Naturalist: Sandy Staples

69300 3-6yrs 1 Class \$5 3/20 F 9:30am-10:30am

Stars for Sarah

When you look up into the night sky, what creatures do you see? Over the ages man has been fascinated with the stars. Bring a plain, dark-colored t-shirt to decorate with a special glow-in-the-dark surprise. Wear old clothing. Adult supervision is needed.

Naturalist: Sandy Staples

69301 3-6yrs 1 Class \$5 4/1 W 9:30am-10:30am

Slugs and Slime

Investigate nature's oozy, gushy, and slimy critters! Hunt for slugs and other slime-makers, and mix up your own batch of slime. Naturalist: Lisa Droubi

69228 3-6yrs 1 Class \$5 4/29 W 9:30am-10:30am

Lightning Bugs

Ever marveled at the lightning bugs you see at night? Join us for an exploration of lightning bugs through stories and a craft! Naturalist: Glenn Rice

69218 3-6yrs 1 Class \$5 4/30 Th 1:30pm-2:30pm

Peter Rabbit & Mr. McGregor's Garden

Explore the wonders of gardening as we learn how to start growing some of the tempting vegetables that Peter simply could not resist. Meet in the basement classroom at Kengla House (5107 Muncaster Mill Road, Rockville, 20855). Naturalist: Sandy Staples

69336 3-6yrs 1 Class \$8 5/5 Tu 9:30am-10:45am

69337 3-6yrs 1 Class \$8 5/5 Tu 1:15pm-2:30pm



Pond Explorers

Join us as we explore a pond and the animals that live there through stories, a craft and a hike to Meadowside's pond. Naturalist: Glenn Rice
69220 3-6yrs 1 Class \$5 5/7 Th 1:30pm-2:30pm

Beauty of Butterflies

Explore the remarkable world of butterflies from their beautiful colors, adaptations, and amazing journeys through activities, crafts, and a hike. Naturalist: Lisa Droubi
69229 3-6yrs 1 Class \$5 5/12 Tu 9:30am-10:30am

Dragonflies

Discover the wonder of these darting dragons through a hike and a craft. Naturalist: Lisa Droubi
69231 3-6yrs 1 Class \$5 5/20 W 1:30pm-2:30pm

Busy Beaver

Explore these amazing builders through fun activities and a walk out to a pond to find out how they keep so busy. Naturalist: Lisa Droubi
69232 3-6yrs 1 Class \$5 5/27 W 9:30am-10:30am

Mixed Ages Ages 0-17

May Day Baskets

Learn how to make a simple tissue paper basket and flowers to give to someone special. Celebrate the start of spring with a story. Naturalist: Sandy Staples
70649 3-7yrs 1 Class \$5 4/29 W 1:30pm-2:30pm

Don't miss our SPECIAL EVENTS on page 149!

Programs for All

Owls, Hawks and Eagle Lunchtime and Talk

NEW!

Observe Meadowside's hawks, owls, vulture, and bald eagle during their feeding time and ask questions! Get a chance to speak with a Naturalist about our birds of prey, and learn some of the stories about Meadowside's own raptors on exhibit. These talks will begin at the Raptor Walkway behind the nature center. No reservations required.

69233	All Ages	1 Class	Free	3/21 Sa	12:00pm-12:30pm
69234	All Ages	1 Class	Free	4/25 Sa	12:00pm-12:30pm
69235	All Ages	1 Class			
	Free	5/16 Sa			
					12:00pm-12:30pm

Kite Flying Time!

Take advantage of the March winds! Make and decorate your own kite to fly over the windswept fields of the Agricultural Farm Park (18400 Muncaster Road). Naturalist: Glenn Rice
69201 2 & up 1 Class \$5 3/19 Th 3:30pm-4:30pm



in Derwood (at



Maple Sugaring Down on the Farm

Tap a maple trees to collect the sap, and boil it down to syrup. Take a taste test and see what other surprises syrup produces. Also enjoy an early spring hayride! Meet

at the Agricultural Farm Park (18400 Muncaster Mill Road, Derwood, MD 20855). All participants must register. Naturalist: Glenn Rice
69199 2 & up 1 Class \$5 3/5 Th 10:00am-11:30am

Adults Ages 18 and up

Wild Montgomery Programs

Explore *wild* Montgomery County with a Park Naturalist or Natural Resource Specialist. Discover beautiful public places close to home, and learn fascinating natural history from our experts. All programs are free, but require registration. For detailed directions, print your ParkPASS confirmation receipt when registering. See pages 132-133 for more Wild Montgomery activities.



Early Morning Hike at Great Falls, MD

Meet Naturalist Sandy Staples at Great Falls on the Maryland side to explore the birds and native wildlife along the Potomac River. Hopefully, with an early spring we may see some of the first spring wildflowers. Easy hike; dress for the weather. Registration required. Call 301-924-4141 for more info and directions.
69322 18 & up 1 Class Free 3/13 F 9:00am-11:30am

Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD and hike through a variety of habitats. Waterproof shoes recommended. Easy hike; dress for the weather. Registration required. Call 301-924-4141 for more information and directions.

69323	18 & up	1 Class	Free	3/27 F	9:00am-11:30am
69332	18 & up	1 Class	Free	5/22 F	8:30am-11:00am

Early Morning Hike at Damascus Regional Park

Join Naturalist Sandy Staples as we look for signs of spring along the trail at this quiet stream valley park. Wildflowers and wildlife are sure to be waking up with the warmer weather. Easy hike; dress for the weather. Registration required. Call 301-924-4141 for more information and directions.

69324	18 & up	1 Class	Free	4/2 Th	9:00am-11:30am
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Early Morning Hike at Violettes Lock

Meet Naturalist Sandy Staples at Violettes Lock to explore the birds and native wildlife along the Potomac River. Easy hike; dress for the weather. Registration required. Call 301-924-4141 for more information and directions.

69331	18 & up	1 Class	Free	5/1 F	8:30am-11:00am
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Scouts at Meadowside Nature Center



Brownie Try-It Badges

Earn your Brownie Try-It Badges at Meadowside with real-life, hands-on field experience (and fun!). Come dressed for the weather; we go out rain or shine.

• Eco-Explorer Try-It

Ecology is the study of how plants and animals live together in the environment. Have fun to be eco-explorers!

with us as we learn
69230 7-10yrs 1 Class \$25 5/13 W 4:00pm-6:00pm

• Water Everywhere!

Make a splash with this Try-It as we explore different aquatic environments including ponds and streams. Please dress to get wet.

69221 7-10yrs 1 Class \$25 5/21 Th 4:00pm-6:15pm

Webelo Badges

Earn your Webelo badges at Meadowside Nature Center with real-life, hands-on field experience (and fun!). Uniforms are not required, but come dressed for the weather—we go out rain or shine. If you bring your Webelos Scout Book, the Naturalist leading your class can sign off on that badge if you like.



• Scientist Activity Badge

As you earn this activity badge, you'll do scientific experiments and test some famous scientific laws. You'll also explore how planes fly, and how your brain can play tricks on you.

69205 7-10yrs 1 Class \$25 3/28 Sa 9:30am-12:00pm

SPRING

SPRING BREAK SPECIAL EVENTS!

• Springtime on the Farm

Join us for a day of fun activities for the whole family at the Agricultural History Farm Park (18400 Muncaster Mill Road, 20855). Experience farm life as it was during Laura Ingalls Wilder's childhood, with live animals, hands-on activities, crafts, hay rides, and much more! No reservations required.

69206 2 & up 1 Class \$7 4/6 M 10:00am-2:30pm

• Cool Chemistry Festival

A cool chemistry event for the whole family with multiple experiments filled with goo, goop and slime. No reservations required.

69207 2 & up 1 Class \$7 4/8 W 10:00am-2:30pm

• Going Buggy Festival

Bugs are the best! Learn about bugs, meet live bugs and make bug crafts to take home. We'll even taste-test some specially seasoned bugs. No reservations required.

69208 2 & up 1 Class \$7 4/9 Th 10:00am-2:30pm

• Annual Easter Egg Hunt

Search for real eggs through our meadows, then dye and decorate the eggs you find. Event includes other spring-related activities throughout the day. Fun for the entire family! Reservations are required (we need to know how many eggs to get!).

69209	2-12yrs	1 Class	\$7	4/10 F	10:00am-10:30am
69210	2-12yrs	1 Class	\$7	4/10 F	10:30am-11:00am
69211	2-12yrs	1 Class	\$7	4/10 F	11:00am-11:30am
69212	2-12yrs	1 Class	\$7	4/10 F	11:30am-12:00pm
69213	2-12yrs	1 Class	\$7	4/10 F	12:00pm-12:30pm
69214	2-12yrs	1 Class	\$7	4/10 F	12:30pm-1:00pm
69215	2-12yrs	1 Class	\$7	4/10 F	1:00pm-1:30pm
69216	2-12yrs	1 Class	\$7	4/10 F	1:30pm-2:00pm



About Meadowside Nature Center...

Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools and scouts.

Experience life on a farm, take a guided night hike through the woods, explore our trails, and visit live owls, hawks and an American Bald Eagle in our Raptor Aviaries. Enjoy hands-on nature and live animals in our "Curiosity Corner" and "Legacy of the People" exhibits, crawl through a cave, and get a fish-eye view of the world in our "Legacy of the Land" exhibit. Come visit us soon!



Volunteer in the Parks?

Get Historical

If you love history and enjoy sharing your knowledge with the public, volunteer with our Historic and Cultural Resources group. Training is online and onsite. To apply for volunteer positions and training, visit ParksVolunteers.org; for more info on our historic sites, ParkHistoricSites.org. You may also call 301-650-4373 or email Shirl.Spicer@MontgomeryParks.org for more information.

Underground Railroad Experience Trail Guides

Onsite Training Date: Sat., March 14, 9am-1pm

Lead tours along this historic 1.5-mile trail commemorating the Montgomery County residents who helped slaves escape on the Underground Railroad. Weekends, April-November. Onsite training at Woodlawn Manor in Sandy Spring. Bad weather date Sunday, March 22, 1-5pm.

Oakley Cabin Docents

Onsite Training Date: Saturday, March 28, 9am-1pm

Interested in local African-American history? Lead tours through this historic house museum and former slave cabin, circa 1820. Weekends, April-October. Onsite training at the Cabin in Olney.

Bussard Farmhouse Docents

Onsite Training Date: Saturday, March 21, 1-3:30pm

Lead public tours through this historic 1920s farmhouse museum, sharing information on its history, furnishings, and the people who lived there, as well as the history of agriculture in Maryland. Onsite training at the Agricultural History Farm Park in Derwood.

All volunteer training classes require preregistration.

Do It Online...Visit ParksVolunteers.org

The volunteer opportunities listed here are just a few of the many opportunities available with Montgomery Parks. You'll find complete information about these and other opportunities on our website, and can also log your volunteer hours, schedule shifts for some volunteer opportunities, and keep track of your mileage, hours and dates for tax purposes.



Weed Warriors

Special Project WEED WARRIORS

Here's your opportunity to learn about and work on non-native invasive plant pulls in the parks without making a long-term commitment. No experience necessary; we'll train and supervise you on site. Volunteers under 16 must be accompanied by an adult; groups are welcome!

Join us at one of our scheduled plant pulls (see below, and visit WeedWarrior.org to sign up), or contact Lynette.Scaffidi@MontgomeryParks.org, 301-949-0223 to set up a Special Project Workday for your group.

Spring Weed Warrior Events

Great people, great fun, great exercise! Visit WeedWarrior.org to sign up for one of these spring plant pulls.

- **Underground Railroad Trail**
at Woodlawn Manor
Sat. February 14 & Sat. March 14, 10am-Noon
- **Little Falls Stream Valley Park**
Sat. February 28 & Sat. March 14, 8-10 am
- **Meadowbrook Park**
along Rock Creek Stream Valley
Sat. March 7, 10am-Noon

Certified WEED WARRIORS

To become a certified Weed Warrior, you'll need to complete an online course and participate in a two-hour field training session with a forest ecologist. You can then work on your own schedule anywhere in Montgomery Parks to help control non-native invasive (NNI) plants. Minimum age 16. Contact Paul.Carlson@MontgomeryParks.org, 301-942-4709.

Trail Volunteers

Opportunities all year long

Join us for a day or a season, in locations throughout Montgomery County. Many hands make light work of the building and maintenance required for our network of natural surface trails. Make new friends, learn new skills and get some exercise! Minimum age 14; SSL approved. Visit MontgomeryTrails.org for details. Contact: Ben.Sugar@MontgomeryParks.org, 301-650-4395

Naturally!

SPECIAL EVENTS

Sign up for these volunteer opportunities and search for more at ParksVolunteers.org. Most are SSL approved.

RockFest Brookside Nature Center • Wed. April 1, 2:30-6pm
See page 141 for all the details on this rockin' opportunity.

Potomac River Watershed Cleanup Sat. April 4, 9am-Noon
Since 1989, the Alice Ferguson Foundation has coordinated 40,000+ volunteers from 300 partner organizations to remove 1,500 tons of trash from the Potomac watershed! Be a part of the 21st anniversary cleanup. Groups welcome!

Beastly Buddies

Locust Grove Nature Center • Tues. April 7, 9:30am-2:30pm
If you're an animal lover, come help out with crafts and other activities at this event, which explores helping animals and learning about the animals that help us. See page 146.

2nd Annual Garlic Mustard Challenge!

Sat. April 18, Sat. April 25 & Sun. April 26
Save the forest from this invasive plant, have fun and win prizes for the most garlic mustard pulled. See page 143 or WeedWarrior.org for more details, and join us!

Earth Day Cleanup & Celebration Sat. April 18, 8:30-Noon
It's a perfect day to pick up trash! Join the big celebration after the event, sponsored by the Anacostia Watershed Society. Free t-shirts! Groups welcome. Visit AnacostiaWS.org for more info and the 30+ cleanup sites throughout the DC area.

Arbor Day Festival

Agricultural History Farm Park • Sun. April 26, 11am-4pm
You could be a face painter, costume character, or do any number of other jobs at this outdoor event celebrating trees!

Wings of Fancy Live Butterfly Exhibit

Brookside Gardens • May 2-September 20
Help us share the beauty and wonder of live butterflies and caterpillars with our visitors. Online and onsite training provided.

Nature Challenge

Locust Grove Nature Center • Tues. May 5 & 26, evenings
Help us set up special nature study challenges for teens before the event, and oversee the fun and games. See page 145.

Happy Bird Day!

Locust Grove Nature Center • Sat. May 9, 10am-3pm
Help with crafts and other family activities at this event, which focuses on migratory bird conservation. See page 146.

You love parks and want to keep these places alive and make a difference—for yourself, your community, and future generations. There are many volunteer opportunities you could choose, but you won't work with a better group than Montgomery Parks volunteers! To learn more, visit our website at www.ParksVolunteers.org.

Go Natural!



The four Nature Centers and Brookside Gardens rely on the invaluable aid and talents of their volunteers all year long, and spring and summer are especially busy times.

Visit ParksVolunteers.org for these and more opportunities, or contact the volunteer coordinator at each facility directly. Training is provided; please see each facility's pages in this guide for more details and training dates. Minimum age for most positions is 14.

Positions include:

Animal Care Aides

Bluebird Monitors Training March 14; see p.136.

Gardeners & Gardening Aides

Naturalists & Naturalist Aides

Nature Center Hosts & Hostesses

Summer Camp Counselors & Interns

Vernal Pool Monitors

Black Hill Visitor Center pages 134-137
Denise.Gibbs@MontgomeryParks.org • 301-916-0220

Brookside Gardens pages 116-118
Ellen.Hartranft@MontgomeryParks.org • 301-962-1429

Brookside Nature Center pages 139-142
Jenny.Aley@MontgomeryParks.org • 301-946-9071

Locust Grove Nature Center pages 144-146
Geri.Drymalski@MontgomeryParks.org • 301-299-1990

Meadowside Nature Center pages 147-149
Glenn.Rice@MontgomeryParks.org • 301-924-4141

For more information or to apply, visit our website or call:
ParksVolunteers.org | 301-495-2504



Park Trails

Enjoy Montgomery County Park Trails!

- 200 miles of trails throughout the county
- Natural and paved surface trails
- Heart Smart exercise trails
- Hiking, biking and equestrian use
- Trail maps available online



MontgomeryTrails.org



Explore beautiful Little Seneca Lake on the

Black Hill Water Trail

- Print the "Silver Thread Water Trail Guide" from BlackHillBoats.com.
- Tour the 1.5-mile water trail in search of egrets, herons, kingfishers, beavers, turtles, fish and more
- Private boats welcome March 1 – Dec. 15 (see website for permit info)
- Boat rentals available May – Sept. (see website for hours)



BlackHillBoats.com

Indoor Tennis

**Pauline Betz Addie Tennis Center
at Cabin John Regional Park**
7801 Democracy Blvd.
Bethesda, MD 20817
301-469-7300
CabinJohnTennis.com



Wheaton Indoor Tennis
11717 Orebaugh Avenue
Wheaton, MD 20902
301-649-4049
WheatonTennis.com

QuickStart Tennis

Tailor-made for younger kids, QuickStart focuses on letting kids enjoy the experience of hitting balls back and forth. Classes use scaled-down courts and racquets, special balls, and a simplified scoring system, so kids can quickly learn the basic skills and principles of the game. All classes include warm-up and cool-down activities, skill review and practice, and a team game that reinforces tennis skills and tactics.

Pauline Betz Addie Tennis / Cabin John

68635	5-8yrs	5 Classes	\$100	3/8	Su	11:00am-12:00pm
68636	5-8yrs	5 Classes	\$100	3/8	Su	12:00pm-1:00pm
68639	5-8yrs	5 Classes	\$100	3/8	Su	1:00pm-2:00pm
68640	5-8yrs	5 Classes	\$100	3/8	Su	2:00pm-3:00pm
68627	5-8yrs	5 Classes	\$100	3/14	Sa	9:00am-10:00am
68628	5-8yrs	5 Classes	\$100	3/14	Sa	10:00am-11:00am
68629	5-8yrs	5 Classes	\$100	3/14	Sa	12:00pm-1:00pm
68630	5-8yrs	5 Classes	\$100	3/14	Sa	11:00am-12:00pm
68637	5-8yrs	6 Classes	\$120	4/19	Su	11:00am-12:00pm
68638	5-8yrs	6 Classes	\$120	4/19	Su	12:00pm-1:00pm
68642	5-8yrs	6 Classes	\$120	4/19	Su	2:00pm-3:00pm
68631	5-8yrs	6 Classes	\$120	4/25	Sa	9:00am-10:00am
68632	5-8yrs	6 Classes	\$120	4/25	Sa	10:00am-11:00am
68633	5-8yrs	6 Classes	\$120	4/25	Sa	12:00pm-1:00pm
68634	5-8yrs	6 Classes	\$120	4/25	Sa	11:00am-12:00pm
68641	5-8yrs	6 Classes	\$120	4/26	Su	1:00pm-2:00pm

Wheaton Indoor Tennis

68648	5-8yrs	5 Classes	\$90	3/8	Su	10:00am-11:00am
68649	5-8yrs	5 Classes	\$90	3/8	Su	9:00am-10:00am
68643	5-8yrs	5 Classes	\$90	3/14	Sa	10:00am-11:00am
68644	5-8yrs	5 Classes	\$90	3/14	Sa	9:00am-10:00am
68647	5-8yrs	6 Classes	\$108	4/19	Su	10:00am-11:00am
68650	5-8yrs	6 Classes	\$108	4/19	Su	9:00am-10:00am
68645	5-8yrs	6 Classes	\$108	4/25	Sa	10:00am-11:00am
68646	5-8yrs	6 Classes	\$108	4/25	Sa	9:00am-10:00am

Beginner Tennis

Designed for students who have never played tennis. Learn warm-up exercises, how to properly grip a racquet, basic stroke technique and court etiquette. Glasses are grouped by age; find yours and sign up!

Beginner, Youth

Pauline Betz Addie Tennis / Cabin John

68325	5-8yrs	5 Classes	\$100	3/13	F	6:00pm-7:00pm
68331	5-8yrs	5 Classes	\$100	3/18	W	5:00pm-6:00pm
68332	5-8yrs	6 Classes	\$120	4/22	W	5:00pm-6:00pm
68326	5-8yrs	6 Classes	\$120	4/24	F	6:00pm-7:00pm

Wheaton Indoor Tennis

72008	5-8yrs	5 Classes	\$90	3/8	Su	12:00pm-1:00pm
68329	5-8yrs	5 Classes	\$90	3/10	Tu	4:00pm-5:00pm
68327	5-8yrs	5 Classes	\$90	3/13	F	4:00pm-5:00pm
72009	5-8yrs	6 Classes	\$108	4/19	Su	12:00pm-1:00pm
68330	5-8yrs	6 Classes	\$108	4/21	Tu	4:00pm-5:00pm
68328	5-8yrs	6 Classes	\$108	4/24	F	4:00pm-5:00pm

Beginner, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

68315	9-12yrs	5 Classes	\$100	3/8	Su	11:00am-12:00pm
68318	9-12yrs	5 Classes	\$100	3/10	Tu	5:00pm-6:00pm
68316	9-12yrs	5 Classes	\$100	3/13	F	4:00pm-5:00pm
68320	9-12yrs	6 Classes	\$120	4/19	Su	11:00am-12:00pm
68319	9-12yrs	6 Classes	\$120	4/21	Tu	5:00pm-6:00pm
68317	9-12yrs	6 Classes	\$120	4/24	F	4:00pm-5:00pm

Wheaton Indoor Tennis

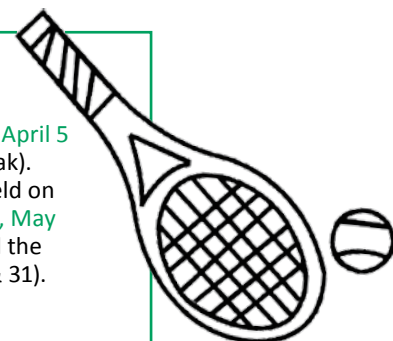
68323	9-12yrs	5 Classes	\$90	3/9	M	4:00pm-5:00pm
68321	9-12yrs	5 Classes	\$90	3/12	Th	3:00pm-4:00pm
68324	9-12yrs	5 Classes	\$90	4/20	M	4:00pm-5:00pm
68322	9-12yrs	6 Classes	\$108	4/23	Th	3:00pm-4:00pm

For **MARCH Indoor & all Outdoor** classes:
Registration opens **February 15**
For **APRIL Indoor** classes:
Registration opens **April 3**

No registrations can be processed before these dates. For your security, we cannot accept faxed registrations. **See page 172 for info on how to register.**

HOLIDAY INFORMATION

- Tennis classes **will** be held **Saturday, April 4** and **Sunday, April 5** (just before MCPS Spring Break).
- Tennis classes will **not** be held on **Saturday, May 23** and **Sunday, May 24**—those classes will be held the following weekend (May 30 & 31).



Tennis Registration Information

Beginner Plus Tennis

Prerequisite: Beginner Tennis. Students will continue working on fundamental hitting skills: ground shots, lobs, volleys, serves, and overhead skills, as well as basic safety rules, tennis etiquette, and tennis vocabulary.

Beginner Plus, Youth

Pauline Betz Addie Tennis / Cabin John

68301	5-8yrs	5 Classes	\$100	3/8	Su	11:00am-12:00pm
68299	5-8yrs	5 Classes	\$100	3/12	Th	5:00pm-6:00pm
72023	5-8yrs	5 Classes	\$100	3/11	W	5:00pm-6:00pm
68300	5-8yrs	5 Classes	\$100	3/13	F	5:00pm-6:00pm
68310	5-8yrs	5 Classes	\$100	3/14	Sa	1:00pm-2:00pm
68305	5-8yrs	6 Classes	\$120	4/19	Su	11:00am-12:00pm
68302	5-8yrs	6 Classes	\$120	4/22	W	5:00pm-6:00pm
68304	5-8yrs	6 Classes	\$120	4/24	F	5:00pm-6:00pm
68303	5-8yrs	6 Classes	\$120	4/25	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

68311	5-8yrs	5 Classes	\$90	3/8	Su	2:00pm-3:00pm
68312	5-8yrs	5 Classes	\$90	3/11	W	4:00pm-5:00pm
72023	5-8yrs	6 Classes	\$108	3/12	Th	5:00pm-6:00pm
68313	5-8yrs	5 Classes	\$90	3/13	F	5:00pm-6:00pm
68314	5-8yrs	5 Classes	\$90	3/14	Sa	2:00pm-3:00pm
68306	5-8yrs	6 Classes	\$108	4/19	Su	2:00pm-3:00pm
68307	5-8yrs	6 Classes	\$108	4/22	W	4:00pm-5:00pm
72024	5-8yrs	6 Classes	\$108	4/23	Th	5:00pm-6:00pm
68308	5-8yrs	6 Classes	\$108	4/24	F	5:00pm-6:00pm
68309	5-8yrs	6 Classes	\$108	4/25	Sa	2:00pm-3:00pm

Beginner Plus, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

68086	9-12yrs	5 Classes	\$100	3/8	Su	4:00pm-5:00pm
68089	9-12yrs	5 Classes	\$100	3/8	Su	1:00pm-2:00pm
68084	9-12yrs	5 Classes	\$100	3/10	Tu	5:00pm-6:00pm
68249	9-12yrs	5 Classes	\$100	3/11	W	6:00pm-7:00pm
68085	9-12yrs	5 Classes	\$100	3/14	Sa	1:00pm-2:00pm
68087	9-12yrs	6 Classes	\$120	4/19	Su	1:00pm-2:00pm
68090	9-12yrs	6 Classes	\$120	4/19	Su	4:00pm-5:00pm
68088	9-12yrs	6 Classes	\$120	4/21	Tu	5:00pm-6:00pm
68250	9-12yrs	6 Classes	\$120	4/22	W	6:00pm-7:00pm
68092	9-12yrs	6 Classes	\$120	4/25	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

68098	9-12yrs	5 Classes	\$90	3/8	Su	1:00pm-2:00pm
68093	9-12yrs	5 Classes	\$90	3/9	M	6:00pm-7:00pm
68094	9-12yrs	5 Classes	\$90	3/14	Sa	1:00pm-2:00pm
68095	9-12yrs	6 Classes	\$108	4/19	Su	1:00pm-2:00pm
68096	9-12yrs	5 Classes	\$90	4/20	M	6:00pm-7:00pm
68097	9-12yrs	6 Classes	\$108	4/25	Sa	1:00pm-2:00pm

HOLIDAY INFORMATION

- Tennis classes **will** be held **Saturday, April 4** and **Sunday, April 5** (the weekend before MCPS Spring Break).
- Tennis classes **will not** be held on **Saturday, May 23** and **Sunday, May 24**—those classes will be held the following weekend (May 30 & 31).



Beginner Plus, Teen

Pauline Betz Addie Tennis / Cabin John

68103	13-17yrs	5 Classes	\$100	3/8	Su	3:00pm-4:00pm
68106	13-17yrs	5 Classes	\$100	3/12	Th	5:00pm-6:00pm
68104	13-17yrs	5 Classes	\$100	3/13	F	6:00pm-7:00pm
68108	13-17yrs	6 Classes	\$120	4/19	Su	3:00pm-4:00pm
68105	13-17yrs	6 Classes	\$120	4/24	F	6:00pm-7:00pm

Wheaton Indoor Tennis

68112	13-17yrs	5 Classes	\$90	3/8	Su	5:00pm-6:00pm
68116	13-17yrs	5 Classes	\$90	3/10	Tu	5:00pm-6:00pm
68118	13-17yrs	5 Classes	\$90	3/14	Sa	4:00pm-5:00pm
68110	13-17yrs	6 Classes	\$108	4/19	Su	5:00pm-6:00pm
68115	13-17yrs	6 Classes	\$108	4/21	Tu	5:00pm-6:00pm
68117	13-17yrs	6 Classes	\$108	4/25	Sa	4:00pm-5:00pm

Beginner Plus, Adult

Pauline Betz Addie Tennis / Cabin John

68059	18yrs&up	5 Classes	\$100	3/8	Su	12:00pm-1:00pm
68061	18yrs&up	5 Classes	\$100	3/8	Su	4:00pm-5:00pm
68063	18yrs&up	5 Classes	\$100	3/10	Tu	7:00pm-8:00pm
68056	18yrs&up	5 Classes	\$100	3/11	W	1:00pm-2:00pm
68057	18yrs&up	5 Classes	\$100	3/14	Sa	9:00am-10:00am
68058	18yrs&up	5 Classes	\$100	3/14	Sa	2:00pm-3:00pm
68060	18yrs&up	6 Classes	\$120	4/19	Su	12:00pm-1:00pm
68062	18yrs&up	6 Classes	\$120	4/19	Su	4:00pm-5:00pm
68064	18yrs&up	6 Classes	\$120	4/21	Tu	7:00pm-8:00pm
68199	18yrs&up	6 Classes	\$120	4/22	W	1:00pm-2:00pm
68065	18yrs&up	6 Classes	\$120	4/25	Sa	9:00am-10:00am
68072	18yrs&up	6 Classes	\$120	4/25	Sa	2:00pm-3:00pm

Wheaton Indoor Tennis

68071	18yrs&up	5 Classes	\$90	3/8	Su	12:00pm-1:00pm
72010	18yrs&up	6 Classes	\$108	3/8	Su	7:00pm-8:00pm
72012	18yrs&up	6 Classes	\$108	3/9	Su	7:00pm-8:00pm
68069	18yrs&up	5 Classes	\$90	3/12	Th	2:00pm-3:00pm
68067	18yrs&up	5 Classes	\$90	3/14	Sa	5:00pm-6:00pm
68068	18yrs&up	6 Classes	\$108	4/19	Su	12:00pm-1:00pm
72011	18yrs&up	6 Classes	\$108	4/19	Su	7:00pm-8:00pm
72013	18yrs&up	5 Classes	\$90	4/20	M	11:00am-12:00pm
68066	18yrs&up	6 Classes	\$108	4/23	Th	2:00pm-3:00pm
68070	18yrs&up	6 Classes	\$108	4/25	Sa	5:00pm-6:00pm

First Intermediate Tennis

Students should understand how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. Service returns and approach shots will be taught.

First Intermediate, Youth

Pauline Betz Addie Tennis / Cabin John

68455	5-8yrs	5 Classes	\$100	3/8	Su	12:00pm-1:00pm
68451	5-8yrs	5 Classes	\$100	3/11	W	5:00pm-6:00pm
68453	5-8yrs	5 Classes	\$100	3/14	Sa	1:00pm-2:00pm
68456	5-8yrs	6 Classes	\$120	4/19	Su	12:00pm-1:00pm
68452	5-8yrs	6 Classes	\$120	4/22	W	5:00pm-6:00pm
68454	5-8yrs	6 Classes	\$120	4/25	Sa	1:00pm-2:00pm

Wheaton Indoor Tennis

68449	5-8yrs	5 Classes	\$90	3/12	Th	4:00pm-5:00pm
68450	5-8yrs	6 Classes	\$108	4/23	Th	4:00pm-5:00pm

First Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

68400	9-12yrs	5 Classes	\$100	3/11	W	6:00pm- 7:00pm
68399	9-12yrs	5 Classes	\$100	3/12	Th	5:00pm- 6:00pm
68404	9-12yrs	5 Classes	\$100	3/14	Sa	2:00pm- 3:00pm
68405	9-12yrs	5 Classes	\$100	3/14	Sa	10:00am-11:00am
68402	9-12yrs	6 Classes	\$120	4/22	W	6:00pm- 7:00pm
68401	9-12yrs	6 Classes	\$120	4/23	Th	5:00pm- 6:00pm
68406	9-12yrs	6 Classes	\$120	4/25	Sa	10:00am-11:00am
68407	9-12yrs	6 Classes	\$120	4/25	Sa	2:00pm- 3:00pm

Wheaton Indoor Tennis

68410	9-12yrs	5 Classes	\$90	3/9	M	5:00pm- 6:00pm
68403	9-12yrs	5 Classes	\$90	3/10	Tu	6:00pm- 7:00pm
68409	9-12yrs	5 Classes	\$90	3/14	Sa	3:00pm- 4:00pm
68411	9-12yrs	5 Classes	\$90	4/20	M	5:00pm- 6:00pm
68408	9-12yrs	6 Classes	\$108	4/21	Tu	6:00pm- 7:00pm
68412	9-12yrs	6 Classes	\$108	4/25	Sa	3:00pm- 4:00pm

First Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

68417	13-17yrs	5 Classes	\$100	3/8	Su	1:00pm- 2:00pm
68413	13-17yrs	5 Classes	\$100	3/10	Tu	5:00pm- 6:00pm
68414	13-17yrs	5 Classes	\$100	3/14	Sa	12:00pm- 1:00pm
68419	13-17yrs	6 Classes	\$120	4/19	Su	1:00pm- 2:00pm
68416	13-17yrs	6 Classes	\$120	4/21	Tu	5:00pm- 6:00pm
68415	13-17yrs	6 Classes	\$120	4/25	Sa	12:00pm- 1:00pm

Wheaton Indoor Tennis

68418	13-17yrs	5 Classes	\$90	3/8	Su	6:00pm- 7:00pm
68420	13-17yrs	6 Classes	\$108	4/19	Su	6:00pm- 7:00pm

First Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

68355	18yrs&up	5 Classes	\$100	3/10	Tu	1:00pm- 2:00pm
68357	18yrs&up	5 Classes	\$100	3/10	Tu	6:00pm- 7:00pm
68356	18yrs&up	5 Classes	\$100	3/12	Th	12:00pm- 1:00pm
68359	18yrs&up	5 Classes	\$100	3/12	Th	6:00pm- 7:00pm
68358	18yrs&up	5 Classes	\$100	3/14	Sa	9:00am-10:00am
68361	18yrs&up	6 Classes	\$120	4/21	Tu	6:00pm- 7:00pm
68364	18yrs&up	6 Classes	\$120	4/21	Tu	1:00pm- 2:00pm
68360	18yrs&up	6 Classes	\$120	4/23	Th	6:00pm- 7:00pm
68362	18yrs&up	6 Classes	\$120	4/23	Th	12:00pm- 1:00pm
68367	18yrs&up	6 Classes	\$120	4/25	Sa	9:00am-10:00am

Wheaton Indoor Tennis

68368	18yrs&up	5 Classes	\$90	3/8	Su	11:00am-12:00pm
68365	18yrs&up	5 Classes	\$90	3/12	Th	1:00pm- 2:00pm
68366	18yrs&up	6 Classes	\$108	4/19	Su	11:00am-12:00pm
72018	18yrs&up	5 Classes	\$90	4/20	M	12:00pm-1:00pm
68363	18yrs&up	6 Classes	\$108	4/23	Th	1:00pm- 2:00pm

Second Intermediate Tennis

Students should be able to hit ground strokes, lobs, volleys, serves, service returns and overheads, and rally from the baseline for a total of 10 minutes.

Second Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

68609	9-12yrs	5 Classes	\$100	3/9	M	4:00pm- 5:00pm
68608	9-12yrs	5 Classes	\$100	3/13	F	5:00pm- 6:00pm
68611	9-12yrs	5 Classes	\$100	3/14	Sa	11:00am-12:00pm
68607	9-12yrs	5 Classes	\$100	4/20	M	4:00pm- 5:00pm
68610	9-12yrs	6 Classes	\$120	4/24	F	5:00pm- 6:00pm
68612	9-12yrs	6 Classes	\$120	4/25	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

68613	9-12yrs	5 Classes	\$90	3/14	Sa	11:00am-12:00pm
68614	9-12yrs	6 Classes	\$108	4/25	Sa	11:00am-12:00pm

Second Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

68605	13-17yrs	5 Classes	\$100	3/10	Tu	6:00pm- 7:00pm
68601	13-17yrs	5 Classes	\$100	3/12	Th	5:00pm- 6:00pm
68602	13-17yrs	5 Classes	\$100	3/14	Sa	3:00pm- 4:00pm
68606	13-17yrs	6 Classes	\$120	4/21	Tu	6:00pm- 7:00pm
68603	13-17yrs	6 Classes	\$120	4/23	Th	5:00pm- 6:00pm
68604	13-17yrs	6 Classes	\$120	4/25	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

68599	13-17yrs	5 Classes	\$90	3/14	Sa	7:00pm- 8:00pm
68600	13-17yrs	6 Classes	\$108	4/25	Sa	7:00pm- 8:00pm

Second Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

68617	18yrs&up	5 Classes	\$100	3/10	Tu	11:00am-12:00pm
68615	18yrs&up	5 Classes	\$100	3/12	Th	6:00pm- 7:00pm
68616	18yrs&up	5 Classes	\$100	3/12	Th	10:00am-11:00am
68618	18yrs&up	5 Classes	\$100	3/14	Sa	11:00am-12:00pm
68621	18yrs&up	6 Classes	\$120	4/21	Tu	11:00am-12:00pm
68619	18yrs&up	6 Classes	\$120	4/23	Th	6:00pm- 7:00pm
68620	18yrs&up	6 Classes	\$120	4/23	Th	10:00am-11:00am
68622	18yrs&up	6 Classes	\$120	4/25	Sa	11:00am-12:00pm

Wheaton Indoor Tennis

68623	18yrs&up	5 Classes	\$90	3/9	M	7:00pm- 8:00pm
72021	18yrs&up	6 Classes	\$108	3/13	F	4:00pm-5:00pm
68625	18yrs&up	5 Classes	\$90	3/14	Sa	6:00pm- 7:00pm
68624	18yrs&up	5 Classes	\$90	4/20	M	7:00pm- 8:00pm
72022	18yrs&up	6 Classes	\$108	4/24	F	4:00pm-5:00pm
68626	18yrs&up	6 Classes	\$108	4/25	Sa	6:00pm- 7:00pm



Carolyn Hammond of Bethesda volleys the ball over the net in the beautifully renovated Wheaton Indoor Tennis. The facility now features new central heat and air conditioning, energy-efficient, high-power fluorescent lighting, color-coated courts, and a new insulated fabric "skin" comprising the bubble's exterior. Come play!



Photo courtesy of John Hammond

Third Intermediate Tennis

Students should have a thorough understanding of tennis, including offensive and defensive shots, rules and strategies to win points, games, and matches. This is the highest level for children under 18.

Third Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

68466	9-12yrs	5 Classes	\$110	3/9	M	5:00pm- 6:00pm
68465	9-12yrs	5 Classes	\$110	4/20	M	5:00pm- 6:00pm

Wheaton Indoor Tennis

68467	9-12yrs	5 Classes	\$100	3/11	W	5:00pm- 6:00pm
72019	9-12yrs	6 Classes	\$120	3/13	F	5:00pm-6:00pm
68468	9-12yrs	6 Classes	\$120	4/22	W	5:00pm- 6:00pm
72020	9-12yrs	6 Classes	\$120	4/24	F	5:00pm-6:00pm

Third Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

68460	13-17yrs	5 Classes	\$110	3/8	Su	4:00pm- 5:00pm
68459	13-17yrs	5 Classes	\$110	3/9	M	6:00pm- 7:00pm
68463	13-17yrs	6 Classes	\$132	4/19	Su	4:00pm- 5:00pm
68462	13-17yrs	5 Classes	\$110	4/20	M	6:00pm- 7:00pm

Wheaton Indoor Tennis

68461	13-17yrs	5 Classes	\$100	3/11	W	6:00pm- 7:00pm
68464	13-17yrs	6 Classes	\$120	4/22	W	6:00pm- 7:00pm

Third Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

68473	18yrs&up	5 Classes	\$110	3/12	Th	6:00pm- 7:00pm
68474	18yrs&up	6 Classes	\$132	4/23	Th	6:00pm- 7:00pm

Wheaton Indoor Tennis

72016	18yrs&up	6 Classes	\$120	3/8	Su	5:00pm-6:00pm
68476	18yrs&up	5 Classes	\$100	3/10	Tu	7:00pm- 8:00pm
72017	18yrs&up	6 Classes	\$120	4/19	Su	5:00pm-6:00pm
68475	18yrs&up	6 Classes	\$120	4/21	Tu	7:00pm- 8:00pm

Cardio Tennis

This new, fun group activity features drills that will give players of all abilities an ultimate, high-energy workout. Classes include warm-up, cardio workout, and cool-down phases. Looking for a great new way to get in shape and burn calories? This is it!

Pauline Betz Addie Tennis / Cabin John

68334	18yrs&up	5 Classes	\$110	3/8	Su	2:00pm- 3:00pm
68340	18yrs&up	5 Classes	\$110	3/8	Su	3:00pm- 4:00pm
68333	18yrs&up	5 Classes	\$110	3/10	Tu	12:00pm- 1:00pm
68337	18yrs&up	5 Classes	\$110	3/12	Th	11:00am-12:00pm
68335	18yrs&up	5 Classes	\$110	3/14	Sa	12:00pm- 1:00pm
68341	18yrs&up	5 Classes	\$110	3/14	Sa	10:00am-11:00am
68343	18yrs&up	6 Classes	\$132	4/19	Su	2:00pm- 3:00pm
68344	18yrs&up	6 Classes	\$132	4/19	Su	3:00pm- 4:00pm
68338	18yrs&up	6 Classes	\$132	4/21	Tu	12:00pm- 1:00pm
68339	18yrs&up	6 Classes	\$132	4/23	Th	11:00am-12:00pm
68336	18yrs&up	6 Classes	\$132	4/25	Sa	12:00pm- 1:00pm
68342	18yrs&up	6 Classes	\$132	4/25	Sa	10:00am-11:00am

Wheaton Indoor Tennis

72004	18yrs&up	6 Classes	\$120	3/8	Su	11:00am- 12:00pm
68350	18yrs&up	5 Classes	\$100	3/8	Su	7:00pm- 8:00pm
68351	18yrs&up	5 Classes	\$100	3/11	W	3:00pm- 4:00pm
68352	18yrs&up	5 Classes	\$100	3/12	Th	12:00pm- 1:00pm
68353	18yrs&up	5 Classes	\$100	3/13	F	7:00pm- 8:00pm
68354	18yrs&up	5 Classes	\$100	3/14	Sa	9:00am-10:00am
72006	18yrs&up	6 Classes	\$120	3/14	Sa	4:00pm-5:00pm
72005	18yrs&up	6 Classes	\$120	4/19	Su	11:00am- 12:00pm
68349	18yrs&up	6 Classes	\$120	4/19	Su	7:00pm- 8:00pm
68348	18yrs&up	6 Classes	\$120	4/22	W	3:00pm- 4:00pm
68347	18yrs&up	6 Classes	\$120	4/23	Th	12:00pm- 1:00pm
68346	18yrs&up	6 Classes	\$120	4/24	F	7:00pm- 8:00pm
68345	18yrs&up	6 Classes	\$120	4/25	Sa	9:00am-10:00am
72007	18yrs&up	6 Classes	\$120	4/25	Sa	4:00pm-5:00pm

Advanced Adult Tennis

Prerequisite: Mastery of all Intermediate level skills. This class teaches the advanced player offensive and defensive strategies, keying in on positioning and shot placement. Special attention is paid to the closing point, analysis of match play situations, and an introduction to mental toughness training.

Pauline Betz Addie Tennis / Cabin John

68149	18yrs&up	5 Classes	\$110	3/13	F	7:00pm- 8:00pm
68150	18yrs&up	6 Classes	\$132	4/24	F	7:00pm- 8:00pm

Wheaton Indoor Tennis

72001	18yrs&up	6 Classes	\$120	3/8	Su	9:00am- 10:00am
72002	18yrs&up	6 Classes	\$120	3/13	F	6:00pm- 7:00pm
72003	18yrs&up	6 Classes	\$120	3/14	Sa	5:00pm- 6:00pm
71949	18yrs&up	6 Classes	\$120	4/19	Su	9:00am- 10:00am
71950	18yrs&up	6 Classes	\$120	4/24	F	6:00pm- 7:00pm
71951	18yrs&up	6 Classes	\$120	4/25	Sa	10:00am- 11:00am



Match Play

Instructor needs to review player's level of play as a prerequisite for this class. For classes at PBA, contact Eric Zatman at ezatman@aol.com, or call him at 301-869-9753. For Wheaton classes, contact Justin Reid@MontgomeryParks.org or call 301-649-4049.

Pauline Betz Addie Tennis / Cabin John

67976	18yrs&up	5 Classes	\$110	3/9	M	8:00pm- 9:00pm
67980	18yrs&up	5 Classes	\$110	3/9	M	7:00pm- 8:00pm
67977	18yrs&up	5 Classes	\$110	3/10	Tu	7:00pm- 8:00pm
67978	18yrs&up	5 Classes	\$110	3/10	Tu	8:00pm- 9:00pm
67979	18yrs&up	5 Classes	\$110	3/11	W	7:00pm- 8:00pm
67983	18yrs&up	5 Classes	\$110	3/11	W	8:00pm- 9:00pm
67988	18yrs&up	5 Classes	\$110	3/13	F	5:00pm- 6:00pm
67989	18yrs&up	5 Classes	\$110	3/13	F	6:00pm- 7:00pm
67990	18yrs&up	5 Classes	\$110	3/13	F	7:00pm- 8:00pm
67985	18yrs&up	5 Classes	\$110	4/20	M	7:00pm- 8:00pm
67986	18yrs&up	5 Classes	\$110	4/20	M	8:00pm- 9:00pm
67981	18yrs&up	6 Classes	\$132	4/21	Tu	7:00pm- 8:00pm
67982	18yrs&up	6 Classes	\$132	4/21	Tu	8:00pm- 9:00pm
67984	18yrs&up	6 Classes	\$132	4/22	W	8:00pm- 9:00pm
67987	18yrs&up	6 Classes	\$132	4/22	W	7:00pm- 8:00pm
67991	18yrs&up	6 Classes	\$132	4/24	F	7:00pm- 8:00pm
67992	18yrs&up	6 Classes	\$132	4/24	F	6:00pm- 7:00pm
67993	18yrs&up	6 Classes	\$132	4/24	F	5:00pm- 6:00pm

Wheaton Indoor Tennis

71964	18yrs&up	6 Classes	\$120	3/8	Su	10:00am- 11:00am
72014	18yrs&up	6 Classes	\$120	3/8	Su	6:00pm- 7:00pm
71965	18yrs&up	6 Classes	\$120	3/9	M	9:00am- 10:00am
71966	18yrs&up	6 Classes	\$120	3/9	M	10:00am- 11:00am
68037	18yrs&up	5 Classes	\$100	3/10	Tu	1:00pm- 2:00pm
68040	18yrs&up	5 Classes	\$100	3/10	Tu	12:00pm- 1:00pm
71967	18yrs&up	6 Classes	\$120	3/10	Tu	6:00pm- 7:00pm
71968	18yrs&up	6 Classes	\$120	3/10	Tu	7:00pm- 8:00pm
71969	18yrs&up	6 Classes	\$120	3/11	W	11:00am-12:00pm
71970	18yrs&up	6 Classes	\$120	3/11	W	12:00pm- 1:00pm
71971	18yrs&up	6 Classes	\$120	3/11	W	7:00pm- 8:00pm
68038	18yrs&up	5 Classes	\$100	3/13	F	12:00pm- 1:00pm
68043	18yrs&up	5 Classes	\$100	3/13	F	1:00pm- 2:00pm
71972	18yrs&up	6 Classes	\$120	3/13	F	7:00pm- 8:00pm
71999	18yrs&up	6 Classes	\$120	3/14	Sa	6:00pm- 7:00pm
72000	18yrs&up	6 Classes	\$120	3/14	Sa	7:00pm- 8:00pm
71952	18yrs&up	6 Classes	\$120	4/19	Su	10:00am- 11:00am
72015	18yrs&up	6 Classes	\$120	4/19	Su	6:00pm- 7:00pm
71953	18yrs&up	6 Classes	\$120	4/20	M	9:00am- 10:00am
71954	18yrs&up	6 Classes	\$120	4/20	M	10:00am- 11:00am
68036	18yrs&up	6 Classes	\$120	4/21	Tu	12:00pm- 1:00pm
68041	18yrs&up	6 Classes	\$120	4/21	Tu	1:00pm- 2:00pm
71955	18yrs&up	6 Classes	\$120	4/21	Tu	6:00pm-7:00pm
71956	18yrs&up	6 Classes	\$120	4/21	T	7:00pm- 8:00pm
71957	18yrs&up	6 Classes	\$120	4/22	W	11:00am- 12:00pm
71958	18yrs&up	6 Classes	\$120	4/22	W	12:00pm-1:00pm
71959	18yrs&up	6 Classes	\$120	4/22	W	7:00pm-8:00pm
68039	18yrs&up	6 Classes	\$120	4/24	F	1:00pm- 2:00pm
68042	18yrs&up	6 Classes	\$120	4/24	F	12:00pm- 1:00pm
71960	18yrs&up	6 Classes	\$120	4/24	F	7:00pm-8:00pm
71961	18yrs&up	6 Classes	\$120	4/25	Sa	12:00pm- 1:00pm
71962	18yrs&up	6 Classes	\$120	4/25	Sa	6:00pm- 7:00pm
71963	18yrs&up	6 Classes	\$120	4/25	Sa	7:00pm-8:00pm

Junior Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Contact Melvin Jenkins at 301-345-1214. Registrations accepted in person only.

Pauline Betz Addie Tennis / Cabin John

68457	All Ages	5 Classes	\$110	3/8	Su	3:00pm- 4:00pm
68458	All Ages	6 Classes	\$132	4/19	Su	3:00pm- 4:00pm

Adult Team Tennis

Instructor needs to review player's level of play as a prerequisite for this class. Call Eric Zatman at 301-869-9753. Registrations accepted in person only.

Pauline Betz Addie Tennis / Cabin John

68499	18yrs&up	5 Classes	\$225	3/11	W	11:00am- 1:00pm
68500	18yrs&up	6 Classes	\$250	4/22	W	11:00am- 1:00pm

Parent & Child Tennis

This class is designed to teach both parents and children (5-8 yrs old) the fundamental skills at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Fee covers one parent and one child; please register the child only.

Wheaton Indoor Tennis

68901	5-8yrs	5 Classes	\$105	3/8	Su	3:00pm- 4:00pm
68900	5-8yrs	5 Classes	\$105	3/13	F	6:00pm- 7:00pm
68899	5-8yrs	5 Classes	\$105	3/14	Sa	11:00am-12:00pm
68904	5-8yrs	6 Classes	\$126	4/19	Su	3:00pm- 4:00pm
68902	5-8yrs	6 Classes	\$126	4/24	F	6:00pm- 7:00pm
68903	5-8yrs	6 Classes	\$126	4/25	Sa	11:00am-12:00pm



Parent & Pre-Teen Tennis

This class is designed to teach both parents and children (9-12 yrs old) the fundamental skills at a Beginner/Beginner Plus level, with emphasis on skills and drills that can be continued outside of class. Fee covers one parent and one child; please register the child only.

Wheaton Indoor Tennis

68907	9-12yrs	5 Classes	\$105	3/8	Su	4:00pm- 5:00pm
68905	9-12yrs	5 Classes	\$105	3/12	Th	6:00pm- 7:00pm
68906	9-12yrs	5 Classes	\$105	3/14	Sa	12:00pm- 1:00pm
68910	9-12yrs	6 Classes	\$126	4/19	Su	4:00pm- 5:00pm
68908	9-12yrs	6 Classes	\$126	4/23	Th	6:00pm- 7:00pm
68909	9-12yrs	6 Classes	\$126	4/25	Sa	12:00pm- 1:00pm

Outdoor Tennis

Cabin John Regional Park
10610 Westlake Drive
Rockville, MD 20852

South Germantown Regional Park
18056 Central Park Circle
Boyd's, MD 20841

Olney Manor Recreational Park
16601 Georgia Avenue
Olney, MD 20832

Court Locations Outdoor Group Lessons

Wheaton Regional Park
11717 Orebaugh Avenue
Wheaton, MD 20902

QuickStart Tennis: Outdoor

Tailor-made for younger kids, QuickStart focuses on letting kids enjoy the experience of hitting balls back and forth. Classes use scaled-down courts and racquets, special balls, and a simplified scoring system, so that kids can quickly learn the basic skills and principles of the game. All classes include warm-up and cool-down activities, skill review and practice, and a team game that reinforces the skills and tactics of the playing situation. These classes are played on outdoor courts.

Cabin John Regional Park

69325	5-8yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69326	5-8yrs	6 Classes	\$78	4/14	Tu&Th	4:00pm- 5:00pm
69328	5-8yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69330	5-8yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

Olney Manor Recreational Park

69327	5-8yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69329	5-8yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm

Wheaton Regional Park

69338	5-8yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69339	5-8yrs	6 Classes	\$78	4/14	Tu&Th	4:00pm- 5:00pm
69341	5-8yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69342	5-8yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

Outdoor Tennis: Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet, basic stroke technique and court etiquette.

Outdoor Tennis: Beginner, Pre-teens

Cabin John Regional Park

69304	8-12yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69305	8-12yrs	6 Classes	\$78	4/14	Tu&Th	4:00pm- 5:00pm
69318	8-12yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69313	8-12yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

Olney Manor Recreational Park

69306	8-12yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69307	8-12yrs	6 Classes	\$78	4/14	Tu&Th	5:00pm- 6:00pm
69314	8-12yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69315	8-12yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

South Germantown Recreational Park

69319	8-12yrs	6 Classes	\$78	4/11	Sa	9:00am-10:00am
69308	8-12yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69309	8-12yrs	6 Classes	\$78	4/14	Tu&Th	4:00pm- 5:00pm
69312	8-12yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69316	8-12yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

Wheaton Regional Park

69302	8-12yrs	6 Classes	\$78	4/13	M&W	4:00pm- 5:00pm
69303	8-12yrs	6 Classes	\$78	4/14	Tu&Th	4:00pm- 5:00pm
69310	8-12yrs	6 Classes	\$78	5/4	M&W	4:00pm- 5:00pm
69311	8-12yrs	6 Classes	\$78	5/5	Tu&Th	4:00pm- 5:00pm

**Registration
for Outdoor
Tennis begins
February 15**

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time.

If you have questions about the outdoor tennis classes or registration, call the ParkPASS Help Desk at 301-495-2580 (M-F, 10am-2pm).

Outdoor Tennis: Beginner, Teens & Adults

Cabin John Regional Park

69416	13yrs&up	6 Classes	\$78	4/13	M&W	9:00am-10:00am
69401	13yrs&up	6 Classes	\$78	4/13	M&W	5:00pm- 6:00pm
69417	13yrs&up	6 Classes	\$78	4/14	Tu&Th	9:00am-10:00am
69402	13yrs&up	6 Classes	\$78	4/14	Tu&Th	5:00pm- 6:00pm
69418	13yrs&up	6 Classes	\$78	5/4	M&W	9:00am-10:00am
69409	13yrs&up	6 Classes	\$78	5/4	M&W	5:00pm- 6:00pm
69419	13yrs&up	6 Classes	\$78	5/5	Tu&Th	9:00am-10:00am
69410	13yrs&up	6 Classes	\$78	5/5	Tu&Th	5:00pm- 6:00pm

Olney Manor Recreational Park

69403	13yrs&up	6 Classes	\$78	4/13	M&W	5:00pm- 6:00pm
69404	13yrs&up	6 Classes	\$78	4/14	Tu&Th	5:00pm- 6:00pm
69411	13yrs&up	6 Classes	\$78	5/4	M&W	5:00pm- 6:00pm
69412	13yrs&up	6 Classes	\$78	5/5	Tu&Th	5:00pm- 6:00pm

South Germantown Recreational Park

69415	13yrs&up	6 Classes	\$78	4/11	Sa	10:00am-11:00am
69405	13yrs&up	6 Classes	\$78	4/13	M&W	5:00pm- 6:00pm
69406	13yrs&up	6 Classes	\$78	4/14	Tu&Th	5:00pm- 6:00pm
69413	13yrs&up	6 Classes	\$78	5/4	M&W	5:00pm- 6:00pm
69414	13yrs&up	6 Classes	\$78	5/5	Tu&Th	5:00pm- 6:00pm

Wheaton Regional Park

69399	13yrs&up	6 Classes	\$78	4/13	M&W	5:00pm- 6:00pm
69400	13yrs&up	6 Classes	\$78	4/14	Tu&Th	5:00pm- 6:00pm
69407	13yrs&up	6 Classes	\$78	5/4	M&W	5:00pm- 6:00pm
69408	13yrs&up	6 Classes	\$78	5/5	Tu&Th	5:00pm- 6:00pm



Outdoor Tennis: Intermediate

Students should understand how tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. Service returns and approach shots will be taught.

Outdoor Tennis: Intermediate, Pre-Teens

Cabin John Regional Park

69451	8-12yrs	6 Classes	\$78	4/13	M&W	6:00pm- 7:00pm
69452	8-12yrs	6 Classes	\$78	4/14	Tu&Th	6:00pm- 7:00pm
69463	8-12yrs	6 Classes	\$78	5/4	M&W	6:00pm- 7:00pm
69464	8-12yrs	6 Classes	\$78	5/5	Tu&Th	6:00pm- 7:00pm

Outdoor Tennis: Intermediate, Pre-Teens

Olney Manor Recreational Park

69453	8-12yrs	6 Classes	\$78	4/13	M&W	6:00pm- 7:00pm
69454	8-12yrs	6 Classes	\$78	4/14	Tu&Th	6:00pm- 7:00pm
69459	8-12yrs	6 Classes	\$78	5/4	M&W	6:00pm- 7:00pm
69460	8-12yrs	6 Classes	\$78	5/5	Tu&Th	6:00pm- 7:00pm

South Germantown Recreational Park

69465	8-12yrs	6 Classes	\$78	4/11	Sa	1:00am-12:00pm
69455	8-12yrs	6 Classes	\$78	4/13	M&W	6:00pm- 7:00pm
69456	8-12yrs	6 Classes	\$78	4/14	Tu&Th	6:00pm- 7:00pm
69461	8-12yrs	6 Classes	\$78	5/4	M&W	6:00pm- 7:00pm
69462	8-12yrs	6 Classes	\$78	5/5	Tu&Th	6:00pm- 7:00pm

Wheaton Regional Park

69449	8-12yrs	6 Classes	\$78	4/13	M&W	6:00pm- 7:00pm
69450	8-12yrs	6 Classes	\$78	4/14	Tu&Th	6:00pm- 7:00pm
69457	8-12yrs	6 Classes	\$78	5/4	M&W	6:00pm- 7:00pm
69458	8-12yrs	6 Classes	\$78	5/5	Tu&Th	6:00pm- 7:00pm



Outdoor Tennis: Intermediate, Teens/Adult

Cabin John Regional Park

69499	13yrs&up	6 Classes	\$78	4/13	M&W	10:00am-11:00am
69501	13yrs&up	6 Classes	\$78	4/13	M&	7:00pm- 8:00pm
69500	13yrs&up	6 Classes	\$78	4/14	Tu&Th	10:00am-11:00am
69502	13yrs&up	6 Classes	\$78	4/14	Tu&Th	7:00pm- 8:00pm
69505	13yrs&up	6 Classes	\$78	5/4	M&W	10:00am-11:00am
69508	13yrs&up	6 Classes	\$78	5/4	M&W	7:00pm- 8:00pm
69506	13yrs&up	6 Classes	\$78	5/5	Tu&Th	10:00am-11:00am
69509	13yrs&up	6 Classes	\$78	5/5	Tu&Th	7:00pm- 8:00pm

Olney Manor Recreational Park

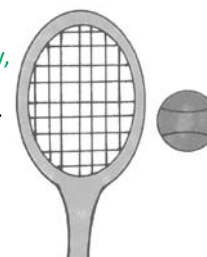
69503	13yrs&up	6 Classes	\$78	4/13	M&W	7:00pm- 8:00pm
69504	13yrs&up	6 Classes	\$78	4/14	Tu&Th	7:00pm- 8:00pm
69510	13yrs&up	6 Classes	\$78	5/4	M&W	7:00pm- 8:00pm
69511	13yrs&up	6 Classes	\$78	5/5	Tu&Th	7:00pm- 8:00pm

South Germantown Recreational Park

69507	13yrs&up	6 Classes	\$78	4/11	Sa	12:00pm- 1:00pm
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HOLIDAY INFORMATION

- Tennis classes **will** be held **Saturday, April 4** and **Sunday, April 5** (the weekend before MCPS Spring Break).
- Tennis classes **will not** be held on **Saturday, May 23** and **Sunday, May 24**—those classes will be held the following weekend (May 30 & 31).





Party in the Parks!

Looking for someplace out of the ordinary (and in your price range) for a party or get-together?

Party in Montgomery Parks!

Cabin John Ice Rink *CabinJohnIce.com • 301-365-2246*

Three party rooms (cap. 25 each; can be combined), the studio ice rink (cap. 40) and the NHL ice rink (cap. 450) are all available to rent for private, school and business parties and events. Fun year-round, and an especially cool place to party when it's hot outside.



Cabin John Miniature Train

CabinJohnTrain.com • 301-469-7835

Rent our party room (cap. 30), purchase a couple of discount ticket books to give all your guests a ride on the C.P. Huntington, and you have a party! Rent the patio as well and you'll have room for 80 people.

Pauline Betz Addie Tennis Center

CabinJohnTennis.com • 301-469-7300

Blocks of 3 or 6 courts on selected Saturday nights are available year round, from 8 PM - midnight. Convenient Bethesda location.

Rockwood Manor *WeHaveTheWhere.com • 301-299-5026*

NEW! Several of Rockwood Manor's lovely rooms (cap. 100 each) are now available to rent in 4-hour blocks at affordable rates. Perfect for bridal showers, birthday, anniversary, engagement and retirement parties, princess parties and more! Take a virtual tour of the beautiful building and grounds in Potomac at the website.

South Germantown Splash Playground & Miniature Golf *SplashandGolf.com • 301-601-4410*

What a refreshing place for a party or group activity! Large (cap. 75-100) and medium-sized (cap. 35) tents are available to rent by the hour at very reasonable rates. Let us put a party package together for your group with tent, splash and mini-golf for everyone.



Wheaton Ice Arena *WheatonIceArena.com • 301-649-3640*

Party room rentals as well as full-service party packages (including food, paper products, rink admission, skate rentals and more!) are available. Wheaton Outdoor Rink (ice surface in fall/winter, concrete for inline skating in spring/summer) is also available for party rentals.

Wheaton Indoor Tennis

WheatonTennis.com • 301-649-4049

Rent the courts at this newly renovated (central a/c and heat) facility for your private party! Blocks of 3 or 6 courts on selected Saturday nights are available year round, from 8 PM - midnight.

Wheaton Miniature Train & Carousel

WheatonTrainandCarousel.com • 301-942-6703

The party package includes two hours' use of the party room, tickets for both the train and carousel, and more. More fun for your money!



Visit the facility websites for more information, and call for rates and availability.

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!



Montgomery Parks Summer Camps

2009



**Right Time • Right Place
Right Price • Right Programs**

**Register today at ParkPASS.org!
Info 301-495-2580**

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!



Week in the Park

Summer Camps 2009

A full week of adventure,
discovery, creativity and fun!

Sports!

- Ice skating (every day, with 2-3 pro lessons)
- Playground group games
- Roller blading
- Indoor Tennis (2 pro lessons and play)

Nature!

- Nature hikes & activities with Park Naturalists

Fun!

- Arts & crafts
- Miniature train & carousel rides (weather permitting)
- Scavenger hunts & talent shows
- Splash Park and Mini-Golf field trip



www.ParkPASS.org
301-649-3640 or 301-495-2580

Location: Wheaton Regional Park

Ages: Children 6-12

Dates: Eight 5-day sessions

(June 29-July 2, July 6-10, 13-17, 20-24, & 27-31; Aug. 3-7, 10-14 & 17-21)

Times & Fees: Full day (9am-5pm, \$260) or

half-day (9am-2pm, \$175) camps available.

Same
fees as
'08!

Fee reduction and multi-kid/multi-week discounts available—ask us!

**Montgomery
Parks**
M-N-C-P-P-C

It's all right here!

Nature & Science Camps

Archaeology Camp for Kids

Get a hands-on introduction to archaeology! Work side-by-side with Park Archaeologists on a real-live archaeological site, and do what archaeologists do. You'll dig it. Call 301-840-5848 for more information.

Needwood Mansion

65449	10-15yrs	5 Days	\$220	6/22-6/26	M-F	9:00am-3:00pm
65450	10-15yrs	5 Days	\$220	6/29-7/3	M-F	9:00am-3:00pm
65451	10-15yrs	5 Days	\$220	7/6-7/10	M-F	9:00am-3:00pm
65452	10-15yrs	5 Days	\$220	7/13-7/17	M-F	9:00am-3:00pm
65453	10-15yrs	5 Days	\$220	7/20-7/24	M-F	9:00am-3:00pm

Archaeology Camp—Extended Care

If six hours isn't enough, sign up your child for Archaeology Camp's extended care session. Kids can practice their atlatl skills (a prehistoric hunting weapon), go on a scavenger hunt, take a paddleboat ride on Lake Needwood, play a board game and more during this supervised free time.

Needwood Mansion

65454	10-15yrs	5 Days	\$55	6/22-6/26	M-F	3:00pm-5:00pm
65455	10-15yrs	5 Days	\$55	6/29-7/3	M-F	3:00pm-5:00pm
65456	10-15yrs	5 Days	\$55	7/6-7/10	M-F	3:00pm-5:00pm
65457	10-15yrs	5 Days	\$55	7/13-7/17	M-F	3:00pm-5:00pm
65458	10-15yrs	5 Days	\$55	7/20-7/24	M-F	3:00pm-5:00pm

Native Ways

Imagine living in Maryland 400 years ago. What would you wear? What games would you play? What would you eat for dinner? Campers will experience the answers to these and other questions as they recreate the traditions of Piscataway American Indian children and compare them with their own.

Locust Grove Nature Center

71199	6-9yrs	5 Days	\$275	7/6-7/10	M-F	9:00am-5:00pm
71200	10-12yrs	5 Days	\$275	7/6-7/10	M-F	9:00am-5:00pm

Snap, Crackle, Boom!

Where else can you explore meteorology, geology and chemistry while having an explosively good time? Campers will explore the power and energy in nature's cycles.

Locust Grove Nature Center

71201	6-9yrs	5 Days	\$275	7/13-7/17	M-F	9:00am-5:00pm
71202	10-12yrs	5 Days	\$275	7/13-7/17	M-F	9:00am-5:00pm

It's "Fun"damental: Earth, Sky & Water

Ancient artists and early scientists derived their inspiration from nature, and so will we in this "elemental" camp. We'll crush rock for paint, dig for clay, cook food over an open fire and learn by doing in this highly interactive camp.

Locust Grove Nature Center

71249	6-9yrs	5 Days	\$275	7/20-7/24	M-F	9:00am-5:00pm
71250	10-12yrs	5 Days	\$275	7/20-7/24	M-F	9:00am-5:00pm



Nature Nuts

Discover the magic of nature with fun and wacky nature activities, games, crafts and live animal encounters. Squirrel around in the woods, meadows and streams of Rock Creek Regional Park. Dress for messy fun!

Meadowside Nature Center

66251	5-6yrs	5 Days	\$300	7/20-7/24	M-F	9:00am-5:00pm
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Geology Camp

If you've ever marveled at a rock, mineral, gem or fossil, or wondered what treasure might lie below your feet, this is the camp for you! We combine fun, adventure and learning in a series of field trips to locations that highlight the region's amazing geology. Our travels will take us to the:

- White Rocks of the Catoclin Mountains (formed from sandstone that metamorphosed into quartzite)
- Point of Rocks, Maryland to see rock shelters and lizards
- Calvert Cliffs to go fossil collecting for ancient shark, porpoise and crocodile teeth, shells and whale bones
- Sideling Hill road cut in the Appalachian Mountains
- Oriskany sandstone outcrops in western Maryland to find crinoids, brachiopods and sponges
- Rockville Crushed Stone Quarry to collect rock and mineral treasures, and see how rock is removed, crushed, and sized to create products that support our community. You'll receive a FREE geology notebook pack with rock, mineral and fossil info, too. Rock on and rock out! FOBH \$220

Black Hill Visitor Center

65999	12-17yrs	5 Days	\$225	7/20-7/24	M-F	8:00am-5:30pm
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Take to the Air!

From the silent wing of an owl to the thunderous roar of a rocket—how do flying objects take to the air with such ease? We'll examine everything from the flight feathers of birds of prey to model helicopter rotors, and have fun with physics as we investigate the forces and forms of flight.

Locust Grove Nature Center

71255	6-9yrs	5 Days	\$275	7/27-7/31	M-F	9:00am-5:00pm
71256	10-12yrs	5 Days	\$275	7/27-7/31	M-F	9:00am-5:00pm

Wild in the Woods

Come to a camp where it's OK to act like a wild animal! We'll prowl, growl, swim and slither to learn about the lives of our wild neighbors.

Locust Grove Nature Center

71251	6-9yrs	5 Days	\$275	8/3-8/7	M-F	9:00am-5:00pm
71252	10-12yrs	5 Days	\$275	8/3-8/7	M-F	9:00am-5:00pm

Creek Week

From small streams to the Chesapeake Bay, water is home to many plants and animals. Campers explore water habitats, their inhabitants and the amazing properties of water.

Locust Grove Nature Center

71253	6-9yrs	5 Days	\$275	8/10-8/14	M-F	9:00am-5:00pm
71254	10-12yrs	5 Days	\$275	8/10-8/14	M-F	9:00am-5:00pm

Adventure Camps

Outdoor Adventure Camp

Discover the outdoors in this exciting day camp! Activities include hiking, canoeing/kayaking, ropes course, rock climbing, archery, and learning basic camping skills. Some activities take place off-site. NEW! We now offer transportation from Wheaton Ice Arena and Cabin John Ice Rink to the camp at Little Bennett. Please see page 2 for details.

Little Bennett Campground

65349	9-13yrs	5 Days	\$300	6/22-6/26	M-F	9:00am-3:00pm
65350	9-13yrs	5 Days	\$300	7/27-7/31	M-F	9:00am-3:00pm

Rockwood Manor Park

65351	9-13yrs	5 Days	\$300	7/13-7/17	M-F	9:00am-3:00pm
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Full-Day Camps: 5 Days

Outdoor Adventure Camp—Transportation

See page 1 for the “Outdoor Adventure Camp” description. Transportation is available for the June 22-26 camp and July 27-31 camp from Wheaton Ice Arena or Cabin John Ice Rink (Bethesda) to Little Bennett Campground in Clarksburg. Bus leaves Wheaton Ice Arena at 8:00am and returns at 4:15pm; from Cabin John Ice Rink, bus leaves at 8:20am and returns at 3:45pm.

Meet in rink lobby.

Cabin John Ice Rink

66053 9-13yrs 5 Days \$35 6/22-6/26 M-F 8:20am-3:45pm

66054 9-13yrs 5 Days \$35 7/27-7/31 M-F 8:20am-3:45pm

Wheaton Ice Arena

65900 9-13yrs 5 Days \$35 6/22-6/26 M-F 8:00am-4:15pm

65901 9-13yrs 5 Days \$35 7/27-7/31 M-F 8:00am-4:15pm

Week in the Park

Our most popular camp! This full-day, five-day camp features indoor tennis and ice skating lessons, scavenger hunts, arts & crafts, a field trip to South Germantown Splash Playground and Miniature Golf, guided nature walks, miniature train rides, carousel rides, and much more. Meet at Wheaton Outdoor Rink. *4-day camp July 4th week; pro-rated fee.

Wheaton Outdoor Rink

65400 6-12yrs 4 Days \$208 6/29-7/2* M-Th 9:00am-5:00pm

65401 6-12yrs 5 Days \$260 7/6-7/10 M-F 9:00am-5:00pm

65402 6-12yrs 5 Days \$260 7/13-7/17 M-F 9:00am-5:00pm

65403 6-12yrs 5 Days \$260 7/20-7/24 M-F 9:00am-5:00pm

65407 6-12yrs 5 Days \$260 7/27-7/31 M-F 9:00am-5:00pm

65404 6-12yrs 5 Days \$260 8/3-8/7 M-F 9:00am-5:00pm

65405 6-12yrs 5 Days \$260 8/10-8/14 M-F 9:00am-5:00pm

65406 6-12yrs 5 Days \$260 8/17-8/21 M-F 9:00am-5:00pm



Full-Day Camps: 4 Days



Fishing Camp

Join us for four days of fun, fishing, and adventure! We'll teach you how, when and where to catch freshwater fish, and provide expert, hands-on instruction on balanced tackle, live bait, artificial lure selection, knots, casting, and the latest fishing techniques. All participants will receive tackle packs (a \$25 value!) filled with lures chosen especially for this area, and a free Fishing Resources Notebook packed with valuable tips and info. Transportation to fishing sites provided each day. Fee also covers two mandatory evening classes (see below). Instructors: Naturalists Glenn Cumings and Ken Umbarger, with volunteer adult anglers. FOBH \$175

• **Evening Class #1: Tackle Check** (Tuesday, June 16, 5-9pm): Meet at Dick's Sporting Goods in Gaithersburg, where we'll take a look at available equipment, check out your tackle and make recommendations, go over knots and hook sharpening, paint jigheads, and more. We'll also give you the camp itinerary and list of necessary materials.

• **Evening Class #2: Skill-Building Session** (Thursday, June 19, 4-9pm): Meet at Black Hill Visitor Center to cover topics such as reading the waters, casting, back-reeling, basic lures, etc.

Black Hill Visitor Center

65949 11-17yrs 4 Days \$180 6/29-7/2 M-Th 8:00am-5:30pm

River Adventures Kayak Camp

Kayaking is even more fun than it looks! Come learn the basics of successful kayaking on flat and gentle river waters in our beginners' Kayaking Camp. We'll cover equipment, safety, basic strokes, entries and exits (wet and dry), boat control, self-rescue, how to read the water, river hazards, safe transport of kayaks, knots and hitches, features-uses of kayaks and kayaking equipment and more, using American Canoe Association-approved instructional manuals and ACA-certified kayak instructors.

We'll spend our first day on Little Seneca Lake, learning how to kayak on flat water, and the other three days kayaking on local rivers (Class I moving water). No camp on Wednesday. Fee includes transportation to and from Black Hill Regional Park, kayak rental, personal floatation devices (PFDs), and all other necessary equipment. You must be able to swim, wear clothes you don't mind getting wet, and bring water shoes or strap-on sandals, a brimmed hat, sunglasses with a keeper strap, and sunscreen. FOBH \$175

Black Hill Visitor Center

66049 12-17yrs 4 Days \$180 7/13, 14, 16&17 M-Tu,Th-F 8:00am-5:00pm

66052 12-17yrs 4 Days \$180 8/3, 4, 6 & 7 M-Tu,Th-F 8:00am-5:00pm

Full-Day Camps: 3 Days

Water Wonders

Enjoy kayaking on a lake, riding on a pontoon boat on a river, exploring a marsh, collecting shark teeth on the bay, and visiting Chesapeake Water Park. Learn about the wonders of water habitats through actual hands-on exploration.

Brookside Nature Center

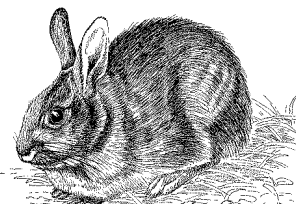
64802 11-14yrs 3 Days \$165 8/10-8/12 M-W 9:30am-4:30pm

Be Kind to Animals

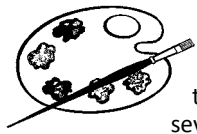
Meet professionals who work with and care for different wild and domestic animals. Field trips every day!

Brookside Nature Center

64751 11-14yrs 3 Days \$165 8/17-8/19 M-W 9:30am-4:30pm



Art Camps



Budding Artists I

Children who love art will have a wonderful time with artist Ivette Burgess in this week-long art camp. We'll explore several different art techniques and mediums, including drawing, collages, and painting.

Brookside Gardens

66499	5-7yrs	5 Days	\$65	6/22-6/26	M-F	10:00am-11:30am
66500	8-10yrs	5 Days	\$75	6/22-6/26	M-F	1:00pm-3:00pm

Budding Artists II

The artistic journey continues for your budding artist with artist Debbie Vanegas. Campers will use a broad palette of art techniques and mediums, including drawing, collage, and painting. (Projects are different than Budding Artists I camp.)

Brookside Gardens

66449	5-7yrs	5 Days	\$65	7/6-7/10	M-F	10:00am-11:30am
66450	8-10yrs	5 Days	\$75	7/6-7/10	M-F	1:00pm-3:00pm

Botanical Art Camp

Give your child the opportunity to study watercolor techniques with a trained botanical artist. Student artists will explore and paint a different scene at beautiful Brookside Gardens each day. Included in the camp fee is a set of professional quality watercolor paints, brush, and a watercolor journal with 20 pages of fine watercolor paper. At the end of camp, we'll mat each child's favorite painting, so it'll be ready to frame and hang in a place of honor in your home.

Brookside Gardens

67349	10-12yrs	5 Days	\$115	8/3-8/7	M-F	9:00am-12:00pm
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Nature & Science Camps

Little House on the Prairie Camp

How did Laura Ingalls Wilder and her family live? What did they eat and how did they spend their days? We'll explore the life and times of Laura and her family through fun activities and crafts at the Agricultural History Farm Park in Derwood, Maryland.

Meadowside Nature Center

66250	8-13yrs	5 Days	\$175	7/13-7/17	M-F	9:30am-1:30pm
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Butterfly Flutterby

Experience the fascinating world of butterflies! Get a very special behind-the-scenes look at our "Wings of Fancy" Butterfly Exhibit, and learn about butterfly gardening through crafts, games, and garden activities.

Brookside Gardens

66501	7-9yrs	5 Days	\$90	7/20-7/24	M-F	10:00am-12:00pm
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Yesterday and Today on the Farm

What's it like to live and work on a farm? Spend a week at the Agricultural History Farm Park and find out! We'll look at both new and antique farm equipment, visit with farm animals, check out the crops and find out how they grow, visit nearby farms, go on a hayride, and much more. Other activities may include canoeing, a pontoon boat ride, arts and crafts, and more. Meet at the Agricultural History Farm Park Activity Center in Derwood, Maryland.

Agricultural History Farm Park

65356	8-13yrs	5 Days	\$210	8/3-8/7	M-F	9:00am-3:00pm
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Ice Skating, Tennis & More

Summer Fun Ice Skating Camp

Join us at the coolest camp around! Each half-day session includes open skating and games on the ice, and a 30-minute lesson from a professional skating coach. Skaters are grouped according to age and ability; beginning to advanced (Freestyle 4) skaters are welcome. At some point during each day, we'll take a break from skating and do some arts and crafts or another fun (non-skating) activity. And at the end of each camp, we'll put on a mini-ice show. Rental skates provided if needed, and every camper receives a free camp t-shirt. Please print your ParkPASS registration for important camp information.



Cabin John Ice Rink: MORNING SESSIONS

65651	6-12yrs	5 Days	\$195	6/22-6/26	M-F	8:00am-12:00pm
65649	6-12yrs	4 Days	\$155	6/29-7/2*	M-Th	8:00am-12:00pm
65600	6-12yrs	5 Days	\$195	7/6-7/10	M-F	8:00am-12:00pm
65602	6-12yrs	5 Days	\$195	7/13-7/17	M-F	8:00am-12:00pm
65604	6-12yrs	5 Days	\$195	7/20-7/24	M-F	8:00am-12:00pm
65606	6-12yrs	5 Days	\$195	7/27-7/31	M-F	8:00am-12:00pm
65608	6-12yrs	5 Days	\$195	8/3-8/7	M-F	8:00am-12:00pm
65610	6-12yrs	5 Days	\$195	8/10-8/14	M-F	8:00am-12:00pm
65653	6-12yrs	5 Days	\$195	8/17-8/21	M-F	8:00am-12:00pm
65655	6-12yrs	5 Days	\$195	8/24-8/28	M-F	8:00am-12:00pm

Cabin John Ice Rink: AFTERNOON SESSIONS

65652	6-12yrs	5 Days	\$195	6/22-6/26	M-F	1:00pm-5:00pm
65650	6-12yrs	4 Days	\$155	6/29-7/2*	M-Th	1:00pm-5:00pm
65601	6-12yrs	5 Days	\$195	7/6-7/10	M-F	1:00pm-5:00pm
65603	6-12yrs	5 Days	\$195	7/13-7/17	M-F	1:00pm-5:00pm
65605	6-12yrs	5 Days	\$195	7/20-7/24	M-F	1:00pm-5:00pm
65607	6-12yrs	5 Days	\$195	7/27-7/31	M-F	1:00pm-5:00pm
65609	6-12yrs	5 Days	\$195	8/3-8/7	M-F	1:00pm-5:00pm
65611	6-12yrs	5 Days	\$195	8/10-8/14	M-F	1:00pm-5:00pm
65654	6-12yrs	5 Days	\$195	8/17-8/21	M-F	1:00pm-5:00pm
65656	6-12yrs	5 Days	\$195	8/24-8/28	M-F	1:00pm-5:00pm

Summer Fun Ice Skating Camp: Extended Care

Need to drop off and/or pick up your child early or late for Ice Skating Camp? Sign up for extended care from 12-1pm and/or 5-6pm. Individual days (\$7) can be scheduled and paid for at the facility. Please be on time to pick up your child; late fee is \$1 per minute. Extended care is for Ice Skating Camp only.

Cabin John Ice Rink

65749	6-12yrs	5 Days	\$35	6/22-6/26	M-F	12:00pm-1:00pm
65750	6-12yrs	5 Days	\$35	6/22-6/26	M-F	5:00pm-6:00pm
65751	6-12yrs	4 Days	\$30	6/29-7/2*	M-Th	12:00pm-1:00pm
65752	6-12yrs	4 Days	\$30	6/29-7/2*	M-Th	5:00pm-6:00pm
65612	6-12yrs	5 Days	\$35	7/6-7/10	M-F	12:00pm-1:00pm
65613	6-12yrs	5 Days	\$35	7/6-7/10	M-F	5:00pm-6:00pm
65614	6-12yrs	5 Days	\$35	7/13-7/17	M-F	12:00pm-1:00pm
65615	6-12yrs	5 Days	\$35	7/13-7/17	M-F	5:00pm-6:00pm
65616	6-12yrs	5 Days	\$35	7/20-7/24	M-F	12:00pm-1:00pm
65617	6-12yrs	5 Days	\$35	7/20-7/24	M-F	5:00pm-6:00pm
65618	6-12yrs	5 Days	\$35	7/27-7/31	M-F	12:00pm-1:00pm
65619	6-12yrs	5 Days	\$35	7/27-7/31	M-F	5:00pm-6:00pm
65620	6-12yrs	5 Days	\$35	8/3-8/7	M-F	12:00pm-1:00pm
65621	6-12yrs	5 Days	\$35	8/3-8/7	M-F	5:00pm-6:00pm
65622	6-12yrs	5 Days	\$35	8/10-8/14	M-F	12:00pm-1:00pm
65623	6-12yrs	5 Days	\$35	8/10-8/14	M-F	5:00pm-6:00pm
65753	6-12yrs	5 Days	\$35	8/17-8/21	M-F	12:00pm-1:00pm
65754	6-12yrs	5 Days	\$35	8/17-8/21	M-F	5:00pm-6:00pm
65755	6-12yrs	5 Days	\$35	8/24-8/28	M-F	12:00pm-1:00pm
65756	6-12yrs	5 Days	\$35	8/24-8/28	M-F	5:00pm-6:00pm

*4-day camp July 4th week, with pro-rated fee.

Partial-Day Camps

■ Ice Skating, Tennis & More (cont.)



Figure Skating Clinic

This week of skating fun for intermediate skaters (Alpha through Freestyle levels) includes music interpretation, strength building, on-ice and off-ice workouts, and a mini-show at the end of each camp week.

Wheaton Ice Arena

65411	5-14yrs	5 Days	\$260	6/22-6/26	M-F	8:00am-12:00pm
65412	5-14yrs	5 Days	\$260	7/13-7/17	M-F	8:00am-12:00pm
65413	5-14yrs	5 Days	\$260	8/17-8/21	M-F	8:00am-12:00pm

Tennis Boot Camp

Tennis Boot Camp offers some of the best and most affordable tennis and fitness training in the county. This camp is for the serious tennis player looking to take their game to the next level; mandatory try-outs required. In tennis, we'll focus on power, consistency, stroke perfection, strategy, and match play. To build overall fitness, we'll work on footwork drills, body core improvement, medicine ball training, and conditioning. Contact Justin Reid, Manager of Wheaton Indoor Tennis for more information.

Wheaton Indoor Tennis

66199	12-18yrs	5 Days	\$250	6/22-6/26	M-F	9:00am-3:00pm
66200	12-18yrs	5 Days	\$250	7/6-7/10	M-F	9:00am-3:00pm
66201	12-18yrs	5 Days	\$250	7/20-7/24	M-F	9:00am-3:00pm
66202	12-18yrs	5 Days	\$250	7/27-7/31	M-F	9:00am-3:00pm
66203	12-18yrs	5 Days	\$250	8/10-8/14	M-F	9:00am-3:00pm

Ice Dance Clinic

This week of ice dancing is designed for skaters with a clear grasp of edges, three-turns, and mohawks. The clinic includes music interpretation, dance patterns, on-ice and off-ice drills, and strength building.

Wheaton Ice Arena

65408	5 & up	4 Days	\$208	6/29-7/2*	M-Th	8:00am-11:45am
65410	5 & up	5 Days	\$260	8/3-8/7	M-F	8:00am-11:45am
65409	18 & up	5 Days	\$260	7/6-7/10	M-F	8:00am-11:45am

**Week
in the
Park**

This partial-day, full-week camp includes all activities scheduled from 9am-2pm in the full-day "Week in the Park" Summer Camp. Activities include indoor tennis lessons, ice skating lessons, scavenger hunts, arts and crafts, field trip to South Germantown Splash Playground and Miniature Golf, nature walks, train rides, carousel rides, and much more.

For full-day (9am-5pm) "Week in the Park" camps, see page 2. Drop off your kids at the Wheaton Outdoor Rink; pick them up at Wheaton Ice Arena.

Wheaton Outdoor Rink

65357	6-12yrs	4 Days	\$140	6/29-7/2*	M-Th	9:00am-2:00pm
65358	6-12yrs	5 Days	\$175	7/6-7/10	M-F	9:00am-2:00pm
65359	6-12yrs	5 Days	\$175	7/13-7/17	M-F	9:00am-2:00pm
65360	6-12yrs	5 Days	\$175	7/20-7/24	M-F	9:00am-2:00pm
65361	6-12yrs	5 Days	\$175	7/27-7/31	M-F	9:00am-2:00pm
65362	6-12yrs	5 Days	\$175	8/3-8/7	M-F	9:00am-2:00pm
65363	6-12yrs	5 Days	\$175	8/10-8/14	M-F	9:00am-2:00pm

Tennis & Soccer Camp

Two sports camps for the price of one! Footwork plays an important role in both tennis and soccer, so get those feet moving! Each morning, we'll concentrate on soccer, going over soccer kicks, proper passing and trapping techniques, rules and scoring. In the afternoon, we'll hit the cool indoor courts, and learn different tennis strokes, proper etiquette on and off the court, scoring and rules of the game. Drop off and pick campers up at Wheaton Indoor Tennis.

Wheaton Regional Park

66150	6-12yrs	4 Days	\$200	6/29-7/2*	M-Th	9:00am-3:00pm
66151	6-12yrs	5 Days	\$250	7/27-7/31	M-F	9:00am-3:00pm

Tennis & Ice Skating Camp

Master the fundamentals of two great sports in one week! We'll learn the rules, scoring, etiquette, terminology and techniques of tennis on outdoor courts in the morning, then move inside to learn basic ice skating techniques—falling down and getting up, marching, swizzles, snowplow stops and more—with open skating sessions and a professional skating lesson each day.

Cabin John Regional Park (meet at outdoor courts B-2 & B-3)

65352	8-13yrs	4 Days	\$200	6/29-7/2*	M-Th	9:00am-3:00pm
65353	8-13yrs	5 Days	\$250	7/6-7/10	M-F	9:00am-3:00pm
65354	8-13yrs	5 Days	\$250	7/20-7/24	M-F	9:00am-3:00pm
65355	8-13yrs	5 Days	\$250	8/10-8/14	M-F	9:00am-3:00pm

Wheaton Indoor Tennis

66099	12-15yrs	5 Days	\$250	7/13-7/17	M-F	9:00am-3:00pm
70899	12-15yrs	5 Days	\$250	7/27-7/31	M-F	9:00am-3:00pm

Tennis & Baseball Camp

Get into the swing of things this summer with tennis and baseball camp! Learn the basics of both sports all in one week. In the morning, you'll learn how to throw, swing a bat, bunt, catch, run the bases, slide, keep score, and the rules of baseball. After lunch, get out of the heat and onto the air conditioned indoor tennis courts to learn all the basic tennis strokes, rules, scoring, and proper etiquette. Drop off and pick up campers at Wheaton Indoor Tennis facility.

Wheaton Regional Park

66152	9-14yrs	5 Days	\$250	7/6-7/10	M-F	9:00am-3:00pm
66153	9-14yrs	5 Days	\$250	7/20-7/24	M-F	9:00am-3:00pm
66154	9-14yrs	5 Days	\$250	8/3-8/7	M-F	9:00am-3:00pm

Ice Hockey Clinic

This hockey clinic will focus on skating, stick handling and off-ice fitness. Players will be assigned to groups according to skill level. Elements of power skating, passing and shooting, and various games will also be incorporated to make this a fun-filled week! This clinic is designed for players ages 6-12 at a Beginner Plus (learning forward crossovers) to Intermediate level (passed Mitey Mites 2 or Hockey 2 and above). Full gear required. Please bring sneakers and workout attire for off-ice conditioning, and a snack.

Cabin John Ice Rink

65626	6-12yrs	5 Days	\$250	8/3-8/7	M-F	9:00am-12:00pm
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Wheaton Ice Arena

65699	6-12yrs	5 Days	\$200	8/10-8/14	M-F	9:30am-12:30pm
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*4-day camps July 4th week, with pro-rated fees.

Nature & Science Camps

Babes in the Park Camp

A nature camp for young children (ages 2-5) with their parent. We'll learn about the natural world through crafts, stories, and hikes. You and your child will go fishing, enjoy a pontoon boat ride, hike in the woods, and use nets in our meadow to catch butterflies and insects. Adults must register with child; no fee for accompanying adult. FOBH \$80

Black Hill Visitor Center

65549 2-5yrs 4 Days \$85 6/8-6/11 M-Th 9:30am-12:00pm

Parent & Child Nature Camp

Children and parents explore the wonders of nature together! We'll do a stream study, investigate insects, go birding, and on the last day of each camp session (June 12 and June 25), take a field trip to the beach to look for shark teeth (provide your own transportation). *June 12 camp hours 11am-2pm; June 25 camp hours Noon-3pm (not including travel time). No fee for adult accompanying child.

Brookside Nature Center

64754 2-5yrs 4 Days \$75 6/9-6/12 Tu-F 10:00am-12:00pm*

64755 2-5yrs 4 Days \$75 6/22-6/25 M-Th 1:00pm-3:00pm*



Wee Little Farmers

Join us for some down-home fun on the farm, featuring stories, activities, crafts, and visits with real-live farm animals at the Agricultural History Farm Park in Derwood, MD.

Meadowside Nature Center

66299 3-5yrs 4 Days \$40 6/16-6/19 Tu-F 9:30am-10:15am

Earthkeepers Camp

Calling young nature lovers! Join a Park Naturalist and explore our park's three habitats: the forest, the lake, and the meadow. Through crafts, games, stories and hands-on activities, we'll learn how to help take care of Mother Earth. We'll be outside part of the class, so dress for the weather. Light snack provided; please bring water. FOBH: \$95

Black Hill Visitor Center

65552 4-6yrs 4 Days \$100 6/22-6/25 M-Th 9:00am-12:00pm

65553 4-6yrs 4 Days \$100 7/6-7/9 M-Th 9:00am-12:00pm



Nature Time for Tots

Children learn about nature through stories, activities, and crafts geared to their age level and learning abilities. Come with your child and share the joy and wonder that nature offers! Class size is limited to ensure individualized attention.

Meadowside Nature Center

66249 3-5yrs 4 Days \$40 6/23-6/26 Tu-F 9:30am-10:15am

Help Your Feathered Friends

Learn lots about birds! We'll make feeders, birdhouses and birdbaths together that you can take home with you, and also give you a pair of binoculars and a book to help you identify your fascinating feathered friends at home in your own backyard. Field trip on Friday (9:30am-1:30pm).

Brookside Nature Center

64801 8-11yrs 4 Days \$150 6/23-6/26 Tu-F 9:30am-12:30pm

American Girls Camp

Enjoy crafts, games, adventures and food just like the American Girls! Activities include Molly's Victory Recycling, Samantha's Day in the Park, Kit's Hobo Cooking, and more.

Brookside Nature Center

64749 8-11yrs 4 Days \$110 6/29-7/2 M-Th 9:30am-12:30pm

64750 8-11yrs 4 Days \$110 7/14-7/17 Tu-F 9:30am-12:30pm

Bug Camp

Four full days of bug bliss, with activities and crafts exploring life in a log, aquatic insects, meadow hoppers and fliers, and a field trip to the fabulous "Wings of Fancy" butterfly show at Brookside Gardens. Admission to the butterfly show is included in the camp price.

Brookside Nature Center

64752 6-8yrs 4 Days \$85 7/7-7/10 Tu-F 9:30am-12:00pm

Pick of the Parks

Explore a different park each day and enjoy nature's wonders as we splash in a stream, hike, and canoe.

Brookside Nature Center

64756 9-12yrs 4 Days \$140 7/7-7/10 Tu-F 9:30am-2:30pm

Nature-venture & Craft Camp

Explore the stream, pond, woods and meadow. Use your creativity to make arts and crafts projects. Learn about plants, animals, rocks, and water.

Brookside Nature Center

64760 7-9yrs 4 Days \$110 7/21-7/24 Tu-F 9:30am-12:30pm

Survival: Wheaton Park

Get your hands dirty and learn some useful outdoor living skills, including how to build a fire and a basic shelter, read a map, use a compass, tie knots, cook over a campfire, prepare for emergencies, and respect and protect the environment.

Brookside Nature Center

64757 11-14yrs 4 Days \$155 7/21-7/24 Tu-F 9:30am-2:30pm

Things with Wings

Learn about flying creatures, including birds, bees, dragonflies and butterflies. We'll explore Wheaton Regional Park, make crafts and play games.

Brookside Nature Center

64762 6-8yrs 4 Days \$85 7/28-7/31 Tu-F 9:30am-12:00pm

Parent & Child Nature Arts & Crafts

Explore the world of nature arts and crafts with your child. Every day we'll hear a story, take a nature walk, and make a nature arts and crafts project. Adult accompanies child; no fee for adult. Meet at Wheaton-Claridge Local Park, 11901 Claridge Road in Wheaton.

Brookside Nature Center

64758 3-6yrs 4 Days \$85 8/4-8/7 Tu-F 10:00am-12:00pm

Flower Power

Join the flower fun as we cover everything from pistils and petals to pollination! We'll study flowers in gardens and wildflower areas, learn flower folklore, and make flower crafts.

Brookside Nature Center

64800 8-10yrs 4 Days \$90 8/11-8/14 Tu-F 9:30am-12:30pm



Partial-Day Camps: 4 Days

Kinder Camp

This fall's kindergarteners will have a blast exploring on detective day, pioneer life day, nature-size day (hop, jump, and move like local wildlife!), and stream splash day.

Brookside Nature Center

64753 5yrs 4 Days \$60 8/17-8/20 M-Th 10:00am-11:30am



Partial-Day Camps: 3 Days

Night Adventures

Discover the creatures that come out at night: flying squirrels, raccoons, insects, owls and more! Adult accompanies camper; no fee for adult.

Brookside Nature Center

64761 4-10yrs 3 Days \$60 6/17-6/19 W-F 7:00pm-9:00pm

Parent & Child Space Camp

Explore the universe and solar system with fun activities and games. We'll make a pocket solar system, "hike" to the planets, discover how big and how far away objects are in the universe are, and more. No fee for adult accompanying child.

Brookside Nature Center

64799 7-10yrs 3 Days \$60 7/7-7/9 Tu-Th 7:00pm-9:00pm

Partial-Day Camps & Scout Programs

Boy Scout Badges

Spend time this summer earning your Boy Scout Badges at Meadowside Nature Center. Sign up for one course or all! Bring a bag lunch and dress for the weather.

Chemistry Merit Badge

Learn how we use chemistry to improve our lives and the health of the planet through hands-on experiments. Please remember to bring a bag lunch.

Meadowside Nature Center

66403 8-18yrs 1 Day \$40 7/7 Tu 10:00am-2:30pm

Environmental Science Merit Badge

We'll study the impact of human beings on the environment, examine different forms of pollution, and learn what we can do to reduce our negative impact on the planet.

Meadowside Nature Center

66404 8-18yrs 1 Day \$40 7/8 W 10:00am-2:30pm

Geology Merit Badge—Overnight

Dig deep and earn your Geology merit badge with us! We'll travel to Strasburg, Virginia to explore Crystal Caverns and the caves, sinkholes, and limestone outcroppings of Hupp's Hill Battlefield Park, and camp out overnight in this historic Civil War site.

Meadowside Nature Center

66405 12-18yrs 2 Days \$80 7/9 & 10 Th & F 12:00pm-12:00pm

Webelo Badges

Earn your Webelo badges at Meadowside Nature Center with real-life, hands-on field experience (and fun!). Dress for the weather—we go out rain or shine. Uniforms not required.

Geologist Activity Badge

To earn this badge, you'll learn how the earth was formed and what's in it, what fossils are, and what they tell us about the earth millions of years ago. Dress to get wet!

Meadowside Nature Center

66399 7-10yrs 1 Day \$25 8/4 Tu 9:30am-12:00pm

Naturalist Activity Badge

Do you enjoy watching wildlife? You're already a Naturalist! We'll search for wildlife in our forests, meadows, streams, and ponds—after we learn to identify poisonous plants and dangerous animals in our area. Dress for the outdoors.

Meadowside Nature Center

66400 7-10yrs 1 Day \$25 8/5 W 9:30am-12:00pm

Forester Activity Badge

Learn what it takes to be a forester! We'll take to the trails and learn how to identify different trees, and find out why wildfires can play a beneficial role in a forest's ecosystem. Please dress to be outdoors.

Meadowside Nature Center

66401 7-10yrs 1 Day \$25 8/6 Th 9:30am-12:00pm

Scientist Activity Badge

To earn this badge, you'll do scientific experiments and test some famous laws of science. We'll also explore how planes fly, and learn how your brain can play tricks on you.

Meadowside Nature Center

66402 7-10yrs 1 Day \$25 8/7 F 9:30am-12:00pm

Montgomery Parks Summer Camps & Programs by DATE

Duration of camps/programs vary from 1-5 days in length, and run from 45 minutes up to 9 hours each day.

June 8-14:

Babes in the Park Camp (ages 2-5), p.167
Parent & Child Nature Camp (ages 2-5), p.167

June 15-21:

Night Adventures (ages 4-10), p.168
Wee Little Farmers (ages 3-5), p.167

June 22-28

Archaeology Camp (ages 10-15), p.163
Budding Artists I (ages 5-7, or 8-10), p.165
Earthkeepers Camp (ages 4-6), p.167
Figure Skating Clinic (ages 5-14), p.166
Help Your Feathered Friends (ages 8-11), p.167
Nature Time for Tots (ages 3-5), p.167
Outdoor Adventure Camp (ages 9-13), p.163
Parent & Child Nature Camp (ages 2-5), p.167
Summer Fun Ice Skating Camp (ages 6-12), p.165
Tennis Boot Camp (ages 12-18), p.166

June 29-July 5:

American Girls Camp (ages 8-11), p.167
Archaeology Camp (ages 10-15), p.163
Fishing Camp (ages 11-17), p.164
Ice Dance Clinic (ages 5 & up), p.166
Summer Fun Ice Skating Camp (ages 6-12), p.165
Tennis & Ice Skating Camp (ages 8-13), p.166
Tennis & Soccer Camp (ages 6-12), p.166
Week in the Park (ages 6-12), p.164 & 166

July 6-12:

Archaeology Camp (ages 10-15), p.163
Boy Scout Badge: Chemistry (ages 8-18), p.168
Boy Scout Badge: Environmental Science (ages 8-18), p.168
Boy Scout Badge: Geology (ages 12-18), p.168
Budding Artists II (ages 5-7, or 8-10), p.165
Bug Camp (ages 6-8), p.167
Earthkeepers Camp (ages 4-6), p.167
Ice Dance Clinic (ages 18 & up), p.166
Native Ways (ages 6-9, or 10-12), p.163
Parent & Child Space Camp (ages 7-10), p.168
Pick of the Parks (ages 9-12), p.167
Summer Fun Ice Skating Camp (ages 6-12), p.165
Tennis & Baseball Camp (ages 9-14), p.166
Tennis & Ice Skating Camp (ages 8-13), p.166
Tennis Boot Camp (ages 12-18), p.166
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July 13-19:

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Archaeology Camp (ages 10-15), p.163
Figure Skating Clinic (ages 5-14), p.166
Little House on the Prairie Camp (ages 8-13), p.165
Outdoor Adventure Camp (ages 9-13), p.163
River Adventures Kayak Camp (ages 12-17), p.164
Snap, Crackle, Boom! (ages 6-9, or 10-12), p.163
Summer Fun Ice Skating Camp (ages 6-12), p.165
Tennis & Ice Skating Camp (ages 12-15), p.166
Week in the Park (ages 6-12), p.164 & 166

July 20-26:

Archaeology Camp (ages 10-15), p.163
Butterfly Flutterby (ages 7-9), p.165
Geology Camp (ages 12-17), p.163
It's "Fun"damental (ages 6-9, or 10-12), p.163
Nature Nuts (ages 5-6), p.163
Nature-venture & Craft Camp (ages 7-9), p.167
Summer Fun Ice Skating Camp (ages 6-12), p.165
Survival: Wheaton Park (ages 11-14), p.167
Tennis & Baseball Camp (ages 9-14), p.166
Tennis & Ice Skating Camp (ages 8-13), p.166
Tennis Boot Camp (ages 12-18), p.166
Week in the Park (ages 6-12), p.164 & 166

July 27-August 2:

Outdoor Adventure Camp (ages 9-13), p.163
Summer Fun Ice Skating Camp (ages 6-12), p.165
Take to the Air! (ages 6-9, or 10-12), p.163
Tennis & Baseball Camp (ages 12-18), p.166
Tennis & Ice Skating Camp (ages 12-15), p.166
Tennis & Soccer Camp (ages 6-12), p.166
Tennis Boot Camp (ages 12-18), p.166
Things with Wings (ages 6-8), p.167
Week in the Park (ages 6-12), p.164 & 166

August 3-August 9:

Botanical Art Camp (ages 10-12), p.165
Ice Dance Clinic (ages 5 & up), p.166
Ice Hockey Clinic (ages 6-12), p.166
Parent & Child Nature Arts & Crafts (ages 3-6), p.167
River Adventures Kayak Camp (ages 12-17), p.164
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Webelo Badge: Geologist (ages 7-10), p.168
Webelo Badge: Naturalist (ages 7-10), p.168
Webelo Badge: Forester (ages 7-10), p.168
Webelo Badge: Scientist (ages 7-10), p.168
Week in the Park (ages 6-12), p.164 & 166
Wild in the Woods (ages 6-9, or 10-12), p.163
Yesterday & Today on the Farm (ages 8-13), p.165

August 10-August 16:

Creek Week (ages 6-9, or 10-12), p.163
Flower Power (ages 8-10), p.167
Ice Hockey Clinic (ages 6-12), p.166
Summer Fun Ice Skating Camp (ages 6-12), p.165
Tennis & Baseball Camp (ages 12-18), p.166
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Tennis Boot Camp (ages 12-18), p.166
Water Wonders (ages 11-14), p.164
Week in the Park (ages 6-12), p.164 & 166

August 17-August 23:

Be Kind to Animals (ages 11-14), p.164
Figure Skating Clinic (ages 5-14), p.166
Kinder Camp (age 5), p.168
Summer Fun Ice Skating Camp (ages 6-12), p.165
Week in the Park (ages 6-12), p.164

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Summer Fun Ice Skating Camp (ages 6-12), p.165

Montgomery Parks Summer Camps & Programs by AGE

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Parent & Child Nature Camp, p.167

Three (3)

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Parent & Child Arts & Crafts, p.167
Parent & Child Nature Camp, p.167
Wee Little Farmers, p.167

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Five (5)

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Budding Artists II, p.165
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Parent & Child Nature Camp, p.167
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Six (6)

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Budding Artists II, p.165
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Seven (7)

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Eight (8)

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Nine (9)

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How to Register for a **Montgomery Parks SUMMER CAMP**

1

Set up your ParkPASS account:

- Visit www.ParkPASS.org to set up your account online.
Please note: It can take up to two business days to activate a new account.
- If you need help, contact the ParkPASS Help Desk at 301-495-2580 (M-F, 10am-2pm), or email us at MCP-ParkPASSHelp@MontgomeryParks.org.
- Visit one of our ParkPASS facilities (see the Parks Facilities Directory, pages 112-113), and they can help you set up a ParkPASS account on site.

2

Register for your camp(s):

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org
- **In person:** Visit a ParkPASS facility (see the Montgomery Parks Facility Directory on pages 112-113—look for the facilities with “ParkPASS” next to their name).
- **By phone:** Use the ParkPASS automated phone registration system at 301-670-6858 (not available for all programs). Have your ParkPASS Login ID/Customer Number and Account PIN for each person you wish to register on hand.
- **By mail:** Fill out the registration form on the next page and mail it with payment to the facility hosting the camp you’d like to attend. ***Important:** Submitting this form *does not* guarantee a space in the requested camp or program. Please call the ParkPASS Help Desk or the facility offering the camp to make sure there are openings in the camp you want *before* mailing in your form. Many camps fill up very quickly—so online registration is your best bet if you’re concerned about getting into a particular camp.

3

Fill out and submit the necessary forms

- All participants will need to complete a “Day Camp Participant Profile” form (.pdf), available to download from www.ParkPASS.org, or at the facility offering the camp you want.
- If your child requires any medication to be administered during camp hours, you’ll also need to fill out a “Day Camp Medication Form.” This form is also available at ParkPASS.org.
- Submit your form/s via mail or in person at the facility offering the camp you want.

Montgomery Parks SUMMER CAMP Refund Policy

If Montgomery Parks has to cancel a Summer Camp, you will be notified and receive a full credit on your ParkPASS account—or, at your request, a refund.

To withdraw from a Montgomery Parks Summer Camp, please do the following:

1. For camps that do *not* involve offsite trips, submit a written request to the hosting facility at least four (4) weeks prior to the start of the camp. You may elect to receive a full credit to your ParkPASS account to use for future programs, or a refund (less 20% refund administrative fee). If your written request is received less than four weeks before the start of the program, no credit or refund will be issued.
2. For camps that *do* involve offsite trips, submit a written request to the hosting facility at least four (4) weeks prior to the start of the program. If the facility is able to fill your spot from the program’s waitlist, you may elect to receive a full credit to your ParkPASS account, or a refund (less a 20% refund administrative fee). If the facility is unable to fill your spot, no credit or refund will be issued.

All refunds will be issued in the same form (check or charge) as the payment was received.
Check refunds may take up to four weeks to process.

How to Register for a **Montgomery Parks COURSE** or **PROGRAM**

BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the green "PARKS" section of the registration form on page 176 of this Guide, take it to any ParkPASS facility, and we'll help you get registered. See pages 112-113 for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form on page 176, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Please call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, call the facility offering the course. See pages 112-113 for facility information. If you have a question about the ParkPASS system or your account, call the ParkPASS Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation page. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See pages 112-113 for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at www.ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility (see pages 112-113), and register and pay for courses in person. Any funds paid to your ParkPASS account will be available for you to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written request to the facility hosting the course. If your written request is received at least one business day before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refund will be given.
- If your written withdrawal request is received the day of the course, no refund will be given for that class. If the course has multiple class sessions and you submit a written request to withdraw after the first class, you will receive a credit on your ParkPASS account, or a refund for the remaining classes less a 20% administrative fee. No credit or refund will be issued after the second class in a course series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund.
- Some activities have different refund/withdrawal policies which may supercede this standard policy.

REGISTRATION INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 99).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.

- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Cancellation Policy: The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a Written Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Don't Be Confused!

Montgomery County **Department of Recreation** and Montgomery County **Department of Parks** are two separate agencies, with separate customer records, course enrollment guidelines, etc. We publish the Guide together, so that you can get information about all the great Montgomery County courses in one handy Program Guide. Just remember...



= PURPLE



= GREEN

RECREATION courses are on the **PURPLE** tabbed pages at the front of the Guide. **PARKS** courses are on the **GREEN** tabbed pages in the second half of the Guide. Same thing for the registration form: **RECREATION = PURPLE, PARKS = GREEN**

- ➞ Want to enroll in a **RECREATION** course?
Read the registration information on **page 174**, then fill out the **PURPLE** section of the registration form.
- ➞ Want to enroll in a **PARKS** course?
Read the registration information on **page 173**, then fill out the **GREEN** section of the registration form.
- ➞ Want to enroll in **BOTH** a **PARKS** course and a **RECREATION** course?
 1. Make a copy of the registration form (or as many copies as you need).
 2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment (see page 173 for details).
 3. Fill out the **PURPLE** section for the **RECREATION** course, and fax, mail, or bring the form in person to the appropriate Recreation location (see page 174 for details).

Got a question? Call us!

240-777-6840 • RECREATION

301-495-2580 • PARKS



This form may be duplicated.

Registration Form



Save Time
Register Online

Main Contact

Last Name _____
First Name _____ Middle Initial _____
Birth Date _____ Gender _____
Street Address _____
City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____
Cell Phone _____ Email _____

Additional Family Members

Last Name	First Name	Birth Date mm/dd/yy	Gender M/F	Grade
1) _____	_____	_____	_____	_____
2) _____	_____	_____	_____	_____
3) _____	_____	_____	_____	_____

Payer Information (Name)

Address _____ Phone _____
City _____ State _____ Zip _____

SIGN UP BELOW FOR RECREATION PROGRAMS (Purple Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

RECREATION	Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Recreation Dept. Fee

☐ Check or Money Order payable to **MCRD**
Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

If you are a non-resident, include an additional \$10 per participant for each activity:

☐ MasterCard or Visa Cardholder Name (print) _____

RECREATION Programs Fee Total:

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

PARKS	Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

☐ Check or Money Order payable to **M-NCPPC**

Please mail or bring this form to the ParkPASS facility offering the course/s you want (see pages 112-113 for facility locations).

Or register online at ParkPASS.org! Questions about Parks courses or registration? Call us at 301-495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



KidFest

FREE

May 3, 2009

12:00 pm-5:00 pm

Fire Rescue Training Academy

9710 Great Seneca Parkway, Rockville, MD 20850

A Celebration of children!

- Games & Activities
- Clowns
- Finger Painting
- Live Entertainment
- Food (available for purchase)
- Face Painting
- Obstacle Course

Call 240-777-6821 or visit
montgomerycountymd.gov/rec

Montgomery County
RECREATION
 DEPARTMENT



Montgomery County
 Department of Recreation
 4010 Randolph Road
 Silver Spring, Maryland
 20902

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